

Where **We Live**

A publication from the City of Hurst

***Hurst Conference Center
New Chef
Q&A***

***Senior Center
New Classes
and Events***

***Annual Report
Your 2011
Copy Inside***

**Spring
2011
Recreation
Class
Schedule**





EGGstravaganza
Saturday, April 16

Welcome to the thirteenth issue of...

Where We Live

Welcome to the thirteenth issue of *Where We Live*. It is hard to believe that this issue marks our third year of *Where We Live*. We hope you enjoy reading about your city as much as we enjoy putting it together. We continue to tweak it here and there to make it the best magazine it can be, so get excited for the third year of your city magazine. The first two months of the new decade have been busy ones at Hurst City Hall. We recently completed construction on new energy efficient lighting throughout City Hall thanks to a grant from Oncor. We are now “greener” than ever. Plans are also well underway for our 13th Annual Employee Giving Day. This year we continue to help our residents in need and will again partner with 6 Stones Mission Network. Want to get involved? See page 12 for details. As you can see, 2011 is off to a great start and we look forward to many great things ahead.

We hope your new year is off to a great start too. Did you make a New Year’s resolution to get healthy? Our Recreation Center has a wide variety of classes and programs designed to help you do just that. Check out some of our new programs and offerings in the recreation section, starting on page 22.

We invite you to start the new decade off right by attending some of our spring events and activities designed just for you! It’s a great time to live in Hurst. We hope to see you soon.

— Mayor Richard Ward

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Hurst City Council

Left to Right: Anna Holzer–Council Member, Larry Kitchens–Mayor Pro Tem, Henry Wilson–Council Member, Richard Ward–Mayor, Bill McLendon–Council Member, Charles Swearingen–Council Member, Nancy Welton– Council Member



& Fresh Fast Bruschetta

- 1 clove garlic, minced
- 1 tablespoons extra virgin olive oil
- 4 large ripe roma tomatoes, chopped
- 1/2 cup red onion, finely diced
- 12-15 fresh basil leaves, coarsely chopped
- 2 tablespoons fresh oregano leaves, finely chopped
- 1 tablespoon balsamic vinegar
- 1/2 cup finely grated part-skim mozzarella cheese
- Sea salt
- Fresh ground black pepper
- 8 slices whole grain Italian bread, cut 3/4 inch thick

Directions:

Lightly toast the bread in the oven. Mix tomatoes, onion, oregano, and basil, 2 tablespoons of the olive oil, balsamic vinegar, salt and pepper. Spread mixture over each slice of toast and sprinkle a little of the grated mozzarella cheese on each slice. Bake (not broil) in a 350 degree oven about 10 minutes, until the cheese just starts to melt, being careful not to burn the edges of the toast.

Yield: 4 servings.

Nutrition Facts: One serving: 2 slices, Calories: 180, Fat: 7g, Carbohydrate: 30g, Fiber: 2g, Protein: 6g

City Staff

Allan Weegar—City Manager

Allan Heindel—Deputy City Manager

Jeff Jones—Assistant City Manager

John Brown—Fire Chief

Rita Frick—City Secretary

Ron Haynes—Director of Public Works

Steve Moore—Police Chief

Dale Harwell—Information Services Manager

Mike Morgan—Director of Planning and Community Development

Clay Caruthers—Director of Finance

Ashleigh Whiteman—Communications Manager

Steve Bowden—Director of Economic Development

Spice Up Your Life ... I Mean Taste Buds

Are you tired of the making the same foods over and over again? Do you need something new to get excited about cooking again?

Using herbs and spices in your cooking can add a little pick me up and bring back the fun in meal preparation. They are simple, healthy and fast but really make your meal fantastic.

Check out these fun ideas.

1. Use fresh herbs- the pungent flavor will excite your taste buds in any dish. Try fresh basil in a marinara sauce, crush rosemary over a chicken breast before baking or even chop fresh cilantro for your tacos. You may want to grow your own herbs and have a year round supply. You can also purchase fresh herbs in the produce section of your grocery.
2. Pick a new flavor of the month- Choosing a new spice to try each month allows you to experiment with unique tastes and broaden your culinary experience. You can find recipes on line, in the paper or your favorite cook book. Get started by trying curry this month and see what new recipes you come up with.
3. Emphasize natural flavors and reduce sodium- by seasoning your foods with herbs and spices, you can hold the salt and truly enjoy the rich flavors of your meal. For example, try rubbing spices on the outside of your favorite meat and then pan searing it with a little wine or olive oil. You seal in the natural flavors and moisture for a delicious entrée.





Commercial Motor Vehicle Enforcement

The Hurst Police Department has recently implemented a Commercial Motor Vehicle (CMV) Program. The program aims to make Hurst streets safer by enforcing all local, state, and federal laws associated with commercial motor vehicles.

The basic mission of the CMV enforcement is weighing and checking commercial vehicle traffic operating over the public highways and making them compliant with other laws associated with commercial motor vehicles. Two Hurst Police Department Police Officers attended extensive training through Texas Department of Public

Safety (DPS). The officers now have the knowledge to evaluate commercial motor vehicles and determine if they have violated any laws, are dangerous on the roadway, or hazardous in any way. Inspecting these vehicles will prevent them from tearing up the roadways and keep the streets safer.

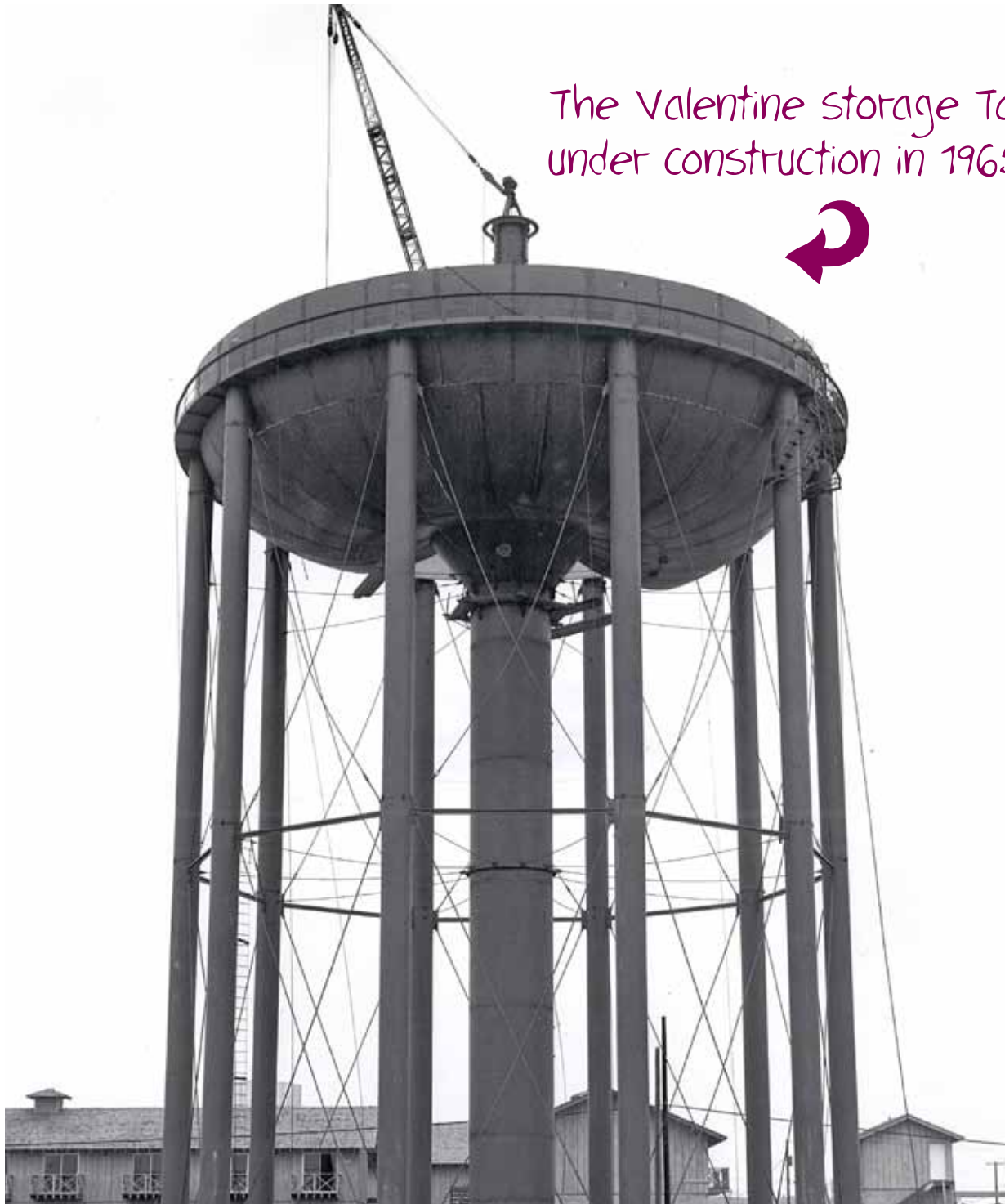
On the cover...

We had such a great response from our facebook fan photo contest last fall that we decided to use one of our favorites for the spring cover. How could we not? Riley Barron, age three is seen on the cover enjoying an afternoon at Chisholm Park. The Barron family moved to Hurst almost 5 years ago, from the small town of Jacksboro, TX. They loved the convenience to mom Samantha's school, the activities and services offered by the city. Dad Kellan Barron currently attends TCC part time while he works full time at a local retailer. Sam recently graduated college and started an online business, making and selling custom clothing items for little girls. Her shop (RileyRabbit.etsy.com) is both inspired by and named after their daughter. The Barrons believe Hurst is a great place to raise Riley and frequently visit our parks, library, Rave Theatres at North East Mall and love their classes at the recreation center.



Cover shot by the Barron family

The Valentine Storage Tank
under construction in 1965



Storage tank gets needed make-over

Residents may soon notice something a little strange going on at the Valentine elevated storage located at 1253 Valentine street. The tank was built in the mid 1960's and will soon get a little face lift. The project includes complete interior and exterior re-surfacing by sand blasting the old paint and applying new primer and paint.

The exterior will require a large cover or (Shroud) to contain all the paint that is blasted off, which is what might appear a little

funny to the average joe. No worries, it's only temporary.

The project will also require lots of equipment to be stored on the site, which is again, temporary. The finished product will be sky blue with the rope logo on the East and West sides.

The current LD Bell Blue Raiders wording will remain on the South side and HURST will be placed on the North side of the tank. Residents can expect the project to be complete this spring.

Donation fund improves parks

In 1982, the City Council and the Parks and Recreation Board created the Park Donation Fund. Through their monthly water bill, citizens can donate 75 cents to the Park Donation Fund which uses the funds for Parks and Recreation projects. Park Donation Fund projects are recommended by the Parks and Recreation Board and are approved by City Council during the annual budget process. Park Donation Fund projects are usually designed to add improvements to the parks system that are not funded in the regular budget but that also meet the following criteria: a high visibility in the community, a readily identifiable one-time enhancement, and a community-wide appeal.

Past Park Donation Fund Projects (some projects supplemented with other funding sources) include:

- Hurst Community Park Playground
- Chisholm Aquatics Pavilion
- Hurst Athletic Complex Improvements
- Fitness Center Enhancements
- Display Unit for Special Events
- Redbud Park Exercise Equipment
- Children's Inflatable Units and Games for Special Events
- Rickel Park Playground
- Special Events Stage
- Aquatics Center Shade Canopy
- Park Water Fountains with Pet Fountains
- Chisholm Park Restroom
- Chisholm Softball Bleachers Shade Structures
- Mayfair Park Pavilion





We want to hear from you!

Yes, that means you. We take feedback from our residents seriously and this is your opportunity to let us know how we're doing. It's quick. It's easy. It's vital. You may have received a phone call in the past, but this year it's all online. You can fill out the survey from your home computer, at work or in specially designated kiosks at the Library or Recreation center. So, here's your chance. Ready, set, GO!

www.ci.hurst.tx.us



Construction update:

Upcoming information you need to know about 183

Construction and preparation work has already begun in Hurst and will continue to move forward through the spring. TXDOT's contractor, Bluebonnet Contractors, recently announced that the Hurstview Bridge will be shut down in

June and will likely be closed for a year. For up to the minute news and information on this project please visit www.northtarrantexpress.com or follow NTE on facebook at www.facebook.com/northtarrantexpress

Illuminated signs shine new light on street names

Things are looking bright in Hurst. Literally. New illuminated street name signs along Precinct Line FM 3029 from Cannon to Thousand Oaks should be installed sometime between January and April 2011. Two will be installed at each intersection. Installation was recently approved by TXDOT. We are excited about the look of the new signs, which will be similar to the ones we have at Heritage Circle at Pipeline.

Example of an illuminated street sign at Heritage Drive.



Meet the new chef at the Hurst Conference Center



Cooking up Something Special



What made you decide you would become a professional cook?



My family owned restaurants all my life. Cooking is something I've always done well and enjoyed.



Where were you trained and how difficult was your training?



Training was always on the job and paying attention to what was happening around me. Later I did some time at CIA Napa Valley, Greystone, CA. I'm still learning and growing every day.



Best cooking tip for a novice?



Taste and smell everything. Ask questions all the time.



Favorite gadget?



I'm old school, Chef's knife is your best tool, you must master cuts and knife skills. Gadgets are gadgets; they come and go.



Favorite food to cook with?



Garlic, it is base for everything



When at home, what do you like to eat?



Everything my wife cooks for me! She's a great cook.



Your favorite cookbook?



Ma Gastronomie by Fernand Point,
and Emeril Lagasse's *In Louisiana: Real and Rustic*.



Robert Bleibtrey joined the Hurst Conference Center as the new Food and Beverage General Manager/Executive Chef in December 2010. He oversees culinary development and food and beverage operations for the venue, bringing an impressive background and experience with him.

Prior to coming to the conference center, Robert played a key role in opening food and beverage operations for the Ballpark at Arlington — home to the Texas Rangers (MLB). As Executive Chef, he oversaw the prestigious Diamond Club, Gold Club, Rawlins Club, 120 Suites and 240 concessions stands.

In addition, Robert has showcased his talents in major

events across the U.S. including: 2005 All- Star Game Detroit Michigan, 2004 Democratic National Convention, New York Yankees Roger Clemens 40th Birthday Gala, President George Bush Sr. Political Fundraisers and Mark Maguire & Roger Clemens Charity Gala.

Robert has won numerous awards throughout his career - including Manager of the Year and the Bon Appetite RSVP 1998 recipe for his Towering bread pudding. His efforts also aided in the venue's selection as the 2006 Wedding Guide "Best reception location in DFW." We're proud to welcome him to Hurst and hope you'll come see the difference for yourself soon. For information on booking an event or to schedule a tour call 817.581.0044.





Youth in Government

Today's students are tomorrow's leaders and the future is looking bright for the City of Hurst. This year's Youth In Government class is a dynamic group of young Hurst residents who are currently juniors and seniors at LD. Bell and Birdville High Schools. Each of these students are involved in their schools and in the community, and

chose to be a part of the city's scholarship program to gain a better understanding of local government. The class was recently introduced at a City Council meeting. For more information on this free program or for how to get involved next year call 817.788.7029.

Employee Giving Day 2011



City of Hurst employees are no strangers to helping neighbor's in need. Specifically when it comes to neighborhood and home revitalization. What began in 1998 as a program to help seniors fix up their homes has now become the core of our strategic plan; Neighborhood revitalization and transformation. Plans are already well underway for this year's Employee Giving Day and we're definitely kicking things up a notch. This spring, for the first time in 13 years, we're asking you to get involved! We are encouraging churches, non-profit groups, residents and businesses to volunteer. We are partnering with 6 Stones Mission Network and will likely work on five to six homes April 8-9. You don't have to be a skilled carpenter to get involved, although we welcome skilled volunteers! We are also accepting nominations if you or someone you know needs a little help in getting the house back in shape.

Residents who are in need of assistance must submit applications and meet qualifications such as annual income levels. A city committee reviews applications and selects homes based on the level of need. For more information on how to get involved in this program contact Michelle Lazo at 817.788.7055.

Senior Center Hours

Open 5 days a week
Monday-Wednesday, 8:00 AM-5:00 PM
Thursday, 8:00 AM-9:00 PM
Friday, 8:00 AM-5:00 PM

Charter Memberships

Charter Memberships expired on January 31. Don't let your membership lapse! Renew your membership and receive a free, insulated cooler.

Hurst Senior Center

Membership information

The new Hurst Senior Citizens Activities Center is open to Seniors only, ages 55 and over.

- Membership is required in order to attend and participate in the Senior Center. (Occasionally, we will offer special programs that are open to the general public.)
- Membership begins the day you register and pay, and ends one year from that date. For example, if you register
- and pay for your membership on February 1, your membership will expire on January 31 of the following year.
- Fees for the new Senior Center are as follows:
- Hurst Residents - \$20 per membership year. (Equivalent of about \$1.67 per month)
- Non-Residents - \$80 per membership year. (Equivalent of about \$6.67 per month)

- These fees include many free classes, programs, and activities at the Senior Center, and also include membership in our state-of-the-art Fitness Room.
- Some classes, programs, and activities may require additional fees to cover the cost of supplies, refreshments, and/or instructor fees.

Senior Pipeline

Pick up a copy of *The Senior Pipeline*, the monthly newsletter, for more information on Senior Center programs and activities.

Senior Center News



Hurst Senior Citizens Activities Center celebrates the holidays, adds activities

The holiday season was in full force at the Senior Center!

December was bustling as Senior Center members took advantage of the many activities planned for the holiday season. Craft class options ranged from making bags and tags for Christmas gifts to a necklace perfect for all the holiday parties to creating your own mini Gingerbread House.

Other holiday events included a tamale making demonstration, a cookie exchange, Christmas concert and a special showing of "How the Grinch Stole Christmas" where grandkids were invited to join their grandparents.

We wrapped the season up with the New Year's Tea Dance where seniors from around the area joined us for music by Russ Dorsey, dancing, and black-eyed peas and cornbread.

January brought a wide range of new programs, classes, groups and activities that helped our members start the new year off right including:

- Basic Computer Classes
- Yoga
- Walking Group
- Weekend Planner Guide
- Elvis Party & Exhibit
- Breakfast with the Director
- BBQ Luncheon & Western Dress Day
- Birthday Party

We also offered many free educational and health-related seminars including:

- Low Vision Support Group
- Weight Management Group
- Diabetes Workshop
- Safety Seminar

Everyone is having a great time at the Senior Center monthly activities. "Movies & Munchies" features a movie, popcorn, soda, and a hearty snack – all for only \$3! Texas Hold'em Poker is held on the 2nd Wednesday of each month.

Players come together with their best poker faces on and enjoy an afternoon of fun, snacks and prizes. Thursday Night Dances are held twice a month on the 2nd and 4th Thursdays. We have great bands that play ballroom, big band/variety, and country music. You get to enjoy music, dancing and more for just \$5!

In January, we also announced plans for our first Casino Trip! Our seniors anxiously awaited the details of the trip and looked forward to sign ups that began in February.

Events & Classes

Here are just a FEW of our upcoming events and classes –
(Must be a member to participate and sign-up may be required.)

National Quilting Day

The Senior Center has an awesome group of quilter's ranging from beginners to advanced. In honor of National Quilting Day, throughout the month of March, come to the Senior Center to see examples of the fabulous work they do as well as an exhibit of quilts old and new!

St. Patrick's Day Celebration

Come to the Senior Center on March 17 for a day of "All Things Irish". In celebration of St. Patrick's Day, the Senior Center will host special entertainment, share Lucky Charms and help you find a Pot of Gold. Irish Stew and Green Desserts will be served in the Multi Purpose Room from 5:30 p.m. to 7 pm. Cost is \$3.

Noon Masterworks Concert

Join us on April 8 for a concert by Me & My Monkey (Beatles Tribute Band) in Heritage Village Park located directly in front of the Senior Center on Pipeline Road. Come relax in the park for this noon time concert. It's perfect for a lunch date. Bring friends and family and enjoy some music. Concert begins at 12:15 p.m. and is Free! No sign up is required.

Travel Talk: Israel

Brought back by popular demand! On April 6, special guest speaker Rabbi Marty Cohen from the Metroplex Messianic Fellowship, who has traveled to Israel extensively, will share his insights to The Holy Lands. Members Durwood and Mary Foote will also share their experience of traveling to Israel.

Hurst Public Library

901 Precinct Line Road

Phone: 817.788.7300



Read All About It!

Dig up a good book - Summer Reading Club 2011

**Students
Ages 14-18**

Volunteer Opportunities

Do you need volunteer hours this summer? Have you considered volunteering at the library? We need lots of help with the Summer Reading Club. Check the Library website www.hurst.lib.tx.us starting April 1 to get information on how to apply.

Time to go exploring for a good read! You never know what you'll find: some treasured read or maybe fossil, err, classic title you missed—or loved in years gone by and forgotten about until you unearthed it at the Hurst Public Library. With three clubs—one for kids 6th grade and younger, one for teens in 7th through 12th grades, and one for adults of all ages—everyone has the opportunity for reading fun—and prizes, too!

Registration begins May 28, and all clubs continue through July 30, with special programs for all ages starting in June. Come to the Library to register or register online at www.hurst.lib.tx.us.

Hurst Public Library
*The place to go
when you need to know!*

Adult Programs

Masterworks at the Library

Noontime Masterworks

Friday, April 8, 12:15 PM

Special outdoor concert at Heritage Park featuring “Me and My Monkey” Beatles Tribute Band. In the event of rain this concert will be moved into the Senior Center.

Evening Performances

7:00 PM

Open to the public, the MasterWorks Music Series is funded by a grant from the City of Hurst Hotel/Motel Tax Fund in cooperation with Arts Council Northeast.

Thursday, February 24

Lyric Harps Duo

Friday, April 8

Me and My Monkey

Special Outdoor Concert at Heritage Park featuring “Me and My Monkey” Beatles Tribute Band. In the event of rain this concert will be moved into the Senior Center.

Thursday, April 28

Vocal Trash Stomp Band

In the event that HPL has not reopened from construction in time for this concert it will be moved outdoors to the stage in Heritage Park. If the library is not open AND the weather is inclement check the website at www.hurst/lib.tx.us for location.

Thursday, May 26

Whitehouse Harmony Bluegrass Band

Totally Teen

Anime Club

7th-12th Graders

Thursday, March 3, 6:00-8:00 PM

If you enjoy anime—watching it and talking about it—this is the place for you! Add snacks and other teens that love anime, too, just for fun!

Teen Pulse Game Night

7th-12th Graders

Thursday, March 10, 6:30-8:00 PM

Take a homework break and play a game—or two—with other teens!

Teen Talk

7th-12th Graders

Tuesday, March 8, 6:00-6:45 PM

Do you enjoy talking about books? Here's your chance! Share views with other kids who have read what you have! This month's title is *Countdown* by Deborah Wiles.

Kid Stuff

Chapter Chats

4th-6th Graders

Tuesday, March 8, 6:00-6:45 PM

Do you enjoy talking about books? Here's your chance! Share your views with other kids who have read what you have. This month's title is *Out of My Mind* by Sharon Draper.

Puppet People

4th-8th Graders

Wednesday, March 16, 4:00-5:00 PM

Calling Puppet People—old and new! Would you like to try your hand—or two—at puppetry? Now's your chance! We'll be working on shows for kids this summer. Call 817.788.7302 to register.

Family Nights

Family Nights

All ages welcome

7:00 PM

Thursday, February 17

Chinese New Year Story and Craft

Thursday, April 21

Springtime Story and Craft

Free movie and popcorn for the whole family.

Ongoing

Brown Bag Book Club

First Thursday of the month

Noon

Bring your lunch and join us at noon on the first Thursday of each month in the Hurst Public Library Reading Alcove for an informal book chat. Check the website at www.hurst.lib.tx.us or at the library information desk for more information.

Novel Writing Club

Aspiring Authors Welcome! Meets the 1st and 3rd Saturday of each month at 11:00 AM in the library's small meeting room.

Cropping at the Library

Bring your supplies, pages, photos and tools for a day of scrapbooking. The 2nd and 4th Saturday of every month in the library learning center. 10:00 AM-4:00 PM.

Spring Break Movie Matinee

March 14-18

2:00 PM

Come to the Library every afternoon for different recent release family movies on the big screen with FREE POPCORN!

Youth Programs

Ongoing Activities

Toddler Time

Ages 1-3 years

Mondays and Thursdays

10:00-10:30 AM

Story Time

Ages 3-6 years

Tuesdays and Wednesdays

10:45-11:15 AM

Chess Club

For elementary ages and up

Mondays

4:00-5:00 PM

Visit the Library Online

www.hurst.lib.tx.us

View the iBistro catalog • Place items on hold
View your own record • Renew materials online
Home access to over 60 databases for research
Download eAudiobooks

Library construction updates

*As construction continues,
you can follow the progress
online at
www.hurst.lib.tx.us*

Library Expansion Update

After almost a year under construction, the Hurst Public Library is approaching completion of the expansion project approved by Hurst citizens in the 2005 bond election and by City council in early 2010. Construction of the Expansion, designed by Hidell & Associates Architects and constructed by AUI Contractors, Inc., began in the spring of 2010. Now approaching the final phase of a four-phase project, the expansion adds approximately 10,174 square feet to the Library, renovates 7,626 square feet of existing interior space, transforms the landscaping that surrounds the building and more than doubles existing parking.

Features of the expansion include:

- Large programming and performance space with seating for up to 300, a staging area, and updated audio/visual equipment that can be divided into two smaller rooms
- Smaller activity space adjacent to the Youth Services Department with a built-in puppet stage, designed as a more intimate event setting for up to 60 people
- Dedicated teen area
- Family restroom
- Community gallery and exhibit space, including a Friends of Hurst Library bookstore and a café with high-end vending machines
- Upgrades and improvements to the existing 24-hour book return
- Increased parking and an additional street entrance from Pipeline Road
- Renovations to public restrooms, the circulation area and the administrative offices for Community Services;
- Garden areas for reading and relaxing, including new placements for the Poems & Promises sculpture and the Friends of Hurst Library Memorial Bell
- Technology updates, including expanded Wireless Internet coverage, more public access computers, and a new state-of-the-art RFID facilitated check-out and return system that will allow for express self-check stations and an automated external book return that prints check-in receipts for patrons at drop-off!

Since last March, patrons have watched two new architectural towers rise to mirror the Reading Alcove which was part of the 1997 Expansion. In December

2010 the program room adjacent to Youth Services which was part of Phase I was opened for Library programs including preschool Story Times and Toddler Times. The teens have also used the new space for their Anime Club programs while they await the opening of the dedicated teen area and large program room.

In order to complete the new entrance, final interior renovations to the circulation and lobby areas, and install the RFID system, the Library will close to the public in the spring. The City Council, Library Board, staff, architect, and contractor are working together to determine the dates of the Library closure and grand re-opening.

The library website, www.hurst.lib.tx.us, will remain as a virtual branch open for a rich offering of online services during the closing. Watch the website for updates on the closure and details on materials returns and service alternatives during this brief period of closure. The staff looks forward to welcoming you back to a beautiful new Library home for the community of Hurst Public Library patrons!



© SOUTH ELEVATION - 10/10/10



**More
Library,
More
Inspiration!**





Volunteers In Action

The City of Hurst is always looking for new volunteers. The following volunteer positions are currently open:

- Library – Shelving Assistant
- Library– Chess Practice Mentor
- Police – Citizens On Patrol (Must be a graduate of Hurst Citizen Police Academy)
- Fire – Radio Amateur Civil Emergency Service (RACES)
- Economic Development – Project Assistant
- Municipal Court – Warrant Officer Assistant
- Conference Center - Receptionist
- Conference Center - Tour Guide

If you are interested in joining the VIA program, please contact the Community Services Department at 817.788.7305. Volunteer

applications can be picked up at Community Services located within the Hurst Public Library. An application form can also be accessed on-line through the City's website at www.ci.hurst.tx.us.

Did you know that the Hurst Public Library is looking for chess practice mentors? Every Monday from 4:00 to 5:00 p.m., children and teens come to the Library to learn about the exciting game of chess. However, there is one problem. Library staff is lacking mentors to help with individual instruction. If you know how to play chess and would like to dedicate an hour a week to mentor young chess players, please inquire about the position. We would be happy to have you!

Good Neighbor Cleanup Event to be held in April

Spring is just around the corner and so is the 14th Annual Good Neighbor Cleanup Event. As always, the event will be held at the Bellaire Shopping Center on April 9 and 16.

The event runs from 7 a.m. until noon both days to collect your used motor oil, cooking oil, gas, antifreeze pesticides, herbicides, old batteries, old computers, electronic devices, tree limbs, scrap metal and most any kind of trash or junk around the house in need of disposing. We now accept pharmaceuticals. No tires, explosives, compressed gas or construction debris will be accepted.

Latex paint and stains can safely be put in the garbage for disposal at a landfill, as long as the paint is dry or solidified first. Small amounts of latex paint should be dried out by removing the lid and exposing it to the air. Larger quantities should be solidified by mixing cat litter, sawdust, dirt or shredded paper into the paint. Once the latex paint is hardened or solidified, place the can with the lid off in your garbage container. The garbage hauler needs to see that the paint has been solidified.

We are very happy to offer document shredding again this year. So protect yourself from identity theft and gather up all of those personal papers you have been meaning to have destroyed and watch them being shredded to bits right before your eyes. For more information call Environmental Services at 817.788.7217.

Want to Get involved?

The City of Hurst is always looking for new volunteers. If you are interested in joining the VIA program, please contact the Community Services Department at 817.788.7305. Volunteer applications can be picked up at the Community Services' office in the Hurst Public Library or accessed online through the City's Web site at www.ci.hurst.tx.us.





Now that you have completed all of your spring cleaning and are ready to start working out, or continue your workouts, you can “Spring into Fitness” at the Hurst Recreation Center. Come check out all of the fitness opportunities and the state-of-the-art Fitness Center. Try out our newest cardio equipment, the TechnoGym Crossover, which offers lateral movement training which engages and challenges more muscles. Our Cardio Room also has treadmills, elliptical cross-trainers, bikes, stairclimbers, rowing machines, and seated crosstrainers. All of our treadmills and elliptical crosstrainers now have 15” LCD screens, which enable you to watch television, or use your iPod while working out. There is also an extensive selection of pin-selectorized, and plate-loaded strength equipment, as well as dumbbells, and flexibility equipment to round-out your total fitness program. If walking is your favorite fitness activity, you can walk on our indoor

Jogging/Walking Track to put the spring back in your step! There are also numerous fitness classes (aerobics, spinning, kickboxing, etc.) that will get you into shape.

While you are at the Recreation Center, you can also enjoy a variety of recreational activities. You can shoot some hoops, enjoy some volleyball with your friends, play racquetball, walleyball or table tennis. Equipment used to participate in these activities is available for check out, with your “Quality of Life” Rec Card, at the front desk of the Recreation Center.

If you need a little extra motivation to reach your fitness goals, the Hurst Recreation Center has personal trainers, who are available to custom-design a fitness plan that will meet your needs. For more information, contact the Front Desk at the Recreation Center 817.788.7325.

Our Commitment to Quality:

Your satisfaction is our goal. . .we strive to provide you with quality recreation programs and we take pride in making your recreation experience an enjoyable one. Join us this season for recreational, educational, and life-long learning opportunities. If you

are not completely satisfied with your recreational experience, please call us at 817.788.7325 to share your concerns and suggestions for improvement. Thank you for choosing Hurst Parks and Recreation.

Mission Statement

The Hurst Recreation Division is dedicated to improving the quality of life for citizens of all ages by providing a variety of recreational activities, special events, facilities, and services that encourage life-long learning, fitness and fun.

Pre-School Programs

Van Gogh's Two's (18 months-2 years)

Your 2-year old could be the next Van Gogh! Come find out as they express themselves through fun art projects. (Supply Fee \$5)

Instructor: Mary Cassidy (Certified School Teacher)

12020-A	M	4:30-5:00PM	8WKS	3/21	\$22
12020-B	W	9:30-10:00AM	8WKS	3/23	\$22

Mozart's Two's (18 months-2 years)

Can you imagine the beautiful music your 2-year old and their new friends will create with musical instruments? They will play musical instruments and games. (Supply Fee \$5)

Instructor: Mary Cassidy (Certified School Teacher)

12000-A	M	5:00-5:30PM	8WKS	3/21	\$22
12000-B	W	10:00-10:30AM	8WKS	3/23	\$22

NEW! Mom & Me Soccer (2-3 years)

Time to not only play with your tot, but get some exercise as well! We will learn the basics of soccer and how to make a GOOOOOOOAAAAALLLLL!

Instructor: Stacie Castillo

12700-A	F	9:00-9:30AM	3WKS	3/25	\$10
12700-B	F	9:00-9:30AM	4WKS	4/22	\$12

NEW! Parachute Playtime (2-3 years)

Let's get together and play with the parachute! We will play, dance, and have a great time!

Instructor: Dottie Nicholson

12015-A	M	9:00-9:45AM	8WKS	3/21	\$24
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NEW! Claytime Fun (3-5 years)

Does your pre-schooler need work on those fine motor skills? Clay is a great tool for working on those fine motor skills while having fun. (Supply Fee \$10.)

Instructor: Dottie Nicholson

12190-A	M	10:00-10:45AM	8WKS	3/21	\$24
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NEW! When Dinosaurs Roamed

(2.5-3.5 years)

Do you LOVE dinosaurs? Come learn about all of the different dinosaurs that roamed the earth. We will have a great time learning through games, crafts, and stories. (Supply Fee \$10.)

Instructor: Dottie Nicholson

12110-A	F	9:00-10:00AM	8WKS	3/25	\$24
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Creative Time For Tots (3-4 years)

This class is designed to teach your pre-schooler important social skills through interaction with others. Your child will prepare for Pre-K through an introduction to letters, numbers, and colors. In a structured, yet fun, environment, your child will learn through crafts, music, stories and creative play. (Supply Fee \$10)

Instructor: Margaret Angel (Certified School Teacher)

12040-A	MW	8:30-10:15AM	8WKS	3/21	\$56
12040-B	TTH	8:30-10:15AM	8WKS	3/22	\$56

Lunch A Bunch (3-5 years)

Calling all pre-schoolers to the kitchen for some fun! Come learn how to create a healthy lunch. (Supply Fee \$10)

Instructor: Mary Cassidy (Certified School Teacher)

12170-A	T	10:30-11:15AM	8WKS	3/22	\$24
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Crafty Motor Skills (3-5 years)

Let's have fun developing our fine motor skills through fun craft projects! By completing the crafts using scissors, pens, and pencils, you will help develop the fine motor skills required to complete these tasks. (Supply Fee \$5)

Instructor: Mary Cassidy (Certified School Teacher)

12010-A	T	9:30-10:15AM	8WKS	3/22	\$24
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Phonics Fun - Step 1 (3-5 years)

Come one, come all to the big sounds of letters. You will learn pre-reading skills through games and activities that teach phonics. (Supply Fee \$5)

Instructor: Mary Cassidy (Certified School Teacher)

12030-A	M	9:00-9:45AM	8WKS	3/21	\$24
12030-B	TH	9:00-9:45AM	8WKS	3/24	\$24

Phonics Fun - Step 2 (3-5 years)

Ready for more phonics? Come take the next step of Phonics Fun and learn some more! (Supply Fee \$5)

Instructor: Mary Cassidy (Certified School Teacher)

12035-A	M	10:30-11:15AM	8WKS	3/21	\$24
12035-B	TH	10:30-11:15AM	8WKS	3/24	\$24

Hands-on Math (3-5 years)

Let's learn numbers the fun way! We will learn to add, subtract, and count. We will also use musical instruments to help us have fun while learning! (Supply Fee \$5)

Instructor: Mary Cassidy (Certified School Teacher)

12205-A	M	9:45-10:30AM	8WKS	3/21	\$24
12205-B	TH	9:45-10:30AM	8WKS	3/24	\$24

Science Fun (3-5 years)

We'll explore the world of science through exciting experiments. Science will knock your socks off! (Supply Fee \$5)

Instructor: Mary Cassidy (Certified School Teacher)

12025-A	TH	11:15-12:00PM	8WKS	3/24	\$24
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NEW! How Does Your Garden Grow

(3-6 years)

Do you wonder how a seed turns into a plant? Let's find out together as we plant seeds and see what happens! We will learn about plant life and how they grow. (Supply Fee \$10.)

Instructor: Dottie Nicholson

12075-A	F	10:15-11:00AM	8WKS	3/25	\$24
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NEW! Nature Thought of It First

(3-6 years)

Ever wonder how someone came up with an idea such as velcro? We will explore ideas such as this and find out how nature thought of it first! (Supply Fee \$10.)

Instructor: Dottie Nicholson

12090-A	F	11:15-12:00PM	8WKS	3/25	\$24
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International Cooking Flare (3-6 years)

We will learn about different countries and what kids there like to eat. We might even make something that you already like to eat! (Supply Fee \$10.)

Instructor: Dottie Nicholson

12250-A	M	11:15-12:00PM	8WKS	3/21	\$24
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Preschool & Youth Programs:

Just a couple of reminders...

With your child's best interest in mind, we ask that parents not remain in the classroom after the class begins. Our instructors have found that their quality of instruction is affected by parental distractions and interruptions.

In order to provide the best learning environment, children 3-5 years must be toilet trained.

Movin' Groovin' (3-5 years)

Come learn to have fun while moving our bodies. "Drill Sergeant Mary" will lead the way through relays and games. We will also work on waiting in lines, following directions, and our manners.

Instructor: Mary Cassidy (Certified School Teacher)

12100-A	T	11:30-Noon	8WKS	3/22	\$22
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Pre-School Computers (3-5 years)

In this tech-savvy class for pre-schoolers, your child will learn the proper way to turn the computer on and off, how to use the mouse, all while having fun with Elmo and other pre-school programs.

Instructor: Vicki McMeans

12800-A	TH	11:00-11:30AM	8WKS	3/24	\$24
12800-B	TH	11:35-12:05PM	8WKS	3/24	\$24

Little Tyke Soccer (4-5 years)

GGGOOOAAALLL! You will get your feet running and learn the basics of the world's most popular sport. (Athletic shoes required)

Instructor: Stacie Castillo

12600-A	F	9:30-10:00AM	3WKS	3/25	\$10
12600-B	F	9:30-10:00AM	4WKS	4/22	\$12

Little Tyke Basketball (3-6 years)

Is the NBA in your future? Come get the ball bouncing and learn the basics to get started.

Instructor: Katie Cope
(3-5 years)

12500-A	S	9:05-9:35AM	8WKS	3/26	\$22
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Instructor: Stacie Castillo

(4-6 years)

12500-B	F	10:00-10:30AM	3WKS	3/25	\$10
12500-C	F	10:00-10:30AM	4WKS	4/22	\$12

Pre-K Kids (4-5 years)

This class is designed to prepare your child for Kindergarten. Through crafts, stories, music, and play time, they will learn the alphabet, numbers, and colors in a structured, yet fun, environment. Your child will develop improved social skills through their interaction with other students. Be sure to bring a sack lunch. (Supply Fee \$10)

Instructor: Margaret Angel (Certified School Teacher)

12050-A	MW	10:30-2:00PM	8WKS	3/21	\$98
12050-B	TTH	10:30-2:00PM	8WKS	3/22	\$98

All Kinds of Arts and Crafts (4-8 years)

Are you ready to roll up your sleeves and create? We will craft a new project each week and learn about all types of arts and crafts! (Supply Fee \$10)

Instructor: Suzanne Starks

12200-A	W	9:45-10:35AM	8WKS	3/23	\$22
12200-B	TH	9:45-10:35AM	8WKS	3/24	\$22

Where Do Animals Live? (4-8 years)

Do you wonder where animals live? Do they live in the forest or the desert? We will explore different habitats in the US. We will use picture books, games, and crafts as part of our learning process. (Supply Fee \$10)

Instructor: Suzanne Starks

12140-A	W	1:00-1:45PM	8WKS	3/23	\$22
12140-B	TH	1:00-1:45PM	8WKS	3/24	\$22

Beginner Reading Book Club (3-8 years)

Do you like to hear a good story? Come listen to a different book each week. We will play games, create crafts, and do other activities inspired by our book of the week. We will also keep a Bookworm log of all of the great books that we read together. (Supply Fee \$5)

Instructor: Suzanne Starks

12150-A	W	9:00-9:45AM	8WKS	3/23	\$22
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Buddy Time! (4-6 years)

Games, puzzles, good books, crafts... the list goes on! So many fun things to do and so little time! But when good friends get together each week, we can start knocking a few off our lists! Come play with us!

Instructor: Suzanne Starks

12900-A	TH	9:00-9:45AM	8WKS	3/24	\$22
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Passport to the World (4-8 years)

Grab your suitcase and passport as we "travel" around the world to new and exciting places. We will visit a new country each class and learn about the people who live there and their culture. We will also learn about famous landmarks in each country and collect some neat "souvenirs" along the way! (Supply Fee \$10)

Instructor: Suzanne Starks

12130-A	W	10:45-11:35AM	8WKS	3/23	\$22
12130-B	TH	10:45-11:35AM	8WKS	3/24	\$22

Celebrate the Year! (4-8 years)

There is always something to celebrate! We will learn more about holidays, events, and traditions that we celebrate throughout the year. We will have fun by playing games, creating crafts, and other fun activities. (Supply Fee \$10)

Instructor: Suzanne Starks

12400-A	W	11:45-12:35PM	8WKS	3/23	\$22
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Show Me Some Science (5-8 years)

Insects, weather, animals, water... science is all around us! Explore, experiment, and examine things more closely to see how our world works. (Supply Fee \$10)

Instructor: Suzanne Starks

12222-A	TH	11:45-12:35PM	8WKS	3/24	\$22
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Tap for Tots (3-5 years)

In this class your tot will become familiar with many of the single sound tap moves. We will also work on counting, tempo, distinguishing our right from our left, and other foundational dance concepts. (Tap shoes required.)

Instructor: LaTisha Clay

12065-A	TH	10:30-11:00AM	8WKS	3/24	\$22
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Ballet for Tots (3-5 years)

In this class your tot will become familiar with basic barre and center work. We will also work on counting, tempo, distinguishing our right from our left, and other foundational dance concepts. (Ballet shoes required.)

Instructor: LaTisha Clay:

12180-A	T	10:30-11:00AM	8WKS	3/22	\$22
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Tiny Dancer I (3-5 years)

Your tiny dancer will learn tap, ballet, and rhythmic movements.

(Ballet and tap shoes are required.)

Instructor: LaTisha Clay

12060-A	T	11:00-11:45AM	8WKS	3/22	\$24
12060-B	TH	11:00-11:45AM	8WKS	3/24	\$24

Instructor: Caitlin Somen

12060-C	S	9:15-10:00AM	8WKS	3/26	\$24
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Tiny Dancer II (4-5 years)

Your tiny dancer will learn tap, ballet, and rhythmic movements. (Ballet and tap shoes are required.)

Instructor: LaTisha Clay

12070-A	T	11:45-12:30PM	8WKS	3/22	\$24
12070-B	TH	11:45-12:30PM	8WKS	3/24	\$24

Instructor: Caitlin Somen

12070-C	S	10:00-10:45AM	8WKS	3/26	\$24
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NEW! Kidprov (5-12 years)

Calling all Elementary students!! Here's a great class to show your creative talents! We will learn about improv-style acting using imaginary, real props, and costumes. We will use story telling, public speaking, and teamwork to tell our story, along with brown boxes and chalk to create rotating props. Fun times await you and your creative juices!

Instructor: Sonja DeSouza
(5-7 years)

12333-A	TH	4:00-4:45PM	8WKS	3/24	\$24
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(8-12 years)

22444-A	TH	5:00-5:45PM	8WKS	3/24	\$24
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Youth Programs

NEW! Crafts for Kids (4-7 years)

Let's get crafty and have lots of fun making a different craft each week! (Supply Fee \$5)

Instructor: Courtney Castillo

22000-A	W	4:45-5:15PM	8WKS	3/23	\$22
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Instructor: Katie Cope

22000-B	T	5:15-5:45PM	8WKS	3/22	\$22
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Yes, I Can Draw (6-12 years)

Yes, you can draw! You will develop your fine motor skills by putting your creativity to work through drawing. (Supply list)

Instructor: Mary Cassidy (Certified School Teacher)

22170-A	T	4:30-5:20PM	8WKS	3/22	\$24
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Water Coloring (6-12 years)

Calling all kids! Come explore your creative side by creating your very own watercolors. You will learn about color combinations and different applications. (Supply Fee \$10)

Instructor: Mary Cassidy (Certified School Teacher)

22090-A	M	5:30-6:30PM	8WKS	3/21	\$24
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Home School Lunch-A-Bunch (6-12 years)

Calling all hungry kids to the kitchen for some fun! Come learn how to create a healthy lunch. (Supply Fee \$10)

Instructor: Mary Cassidy (Certified School Teacher)

22060-A	W	11:30-12:30PM	8WKS	3/23	\$24
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Home School Art (6-12 years)

Art is all around us. You will learn about different kinds of art, including painting, drawing, and sculpting. (Supply Fee \$10)

Instructor: Mary Cassidy (Certified School Teacher)

2040-A	W	12:30-1:30PM	8WKS	3/23	\$24
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Guitar - Beginner and Advanced Beginner (7+ years)

Sing-a-long as you learn basic chords and chord progressions in this beginner class. Students must provide their own guitar (Supply fee for book is \$8. Nylon strings preferred.)

Instructor: Dallas Kaemmerling

Beginner (7-10 years)

22020-A	TH	5:00-6:00PM	8WKS	3/24	\$30
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Beginner (11+ years)

22020-B	TH	6:15-7:15PM	8WKS	3/24	\$30
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Advanced Beginner (11+ years)

22020-C	TH	7:30-8:30PM	8WKS	3/24	\$30
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Beginner Violin (9-12 years)

This class will introduce you to your instrument. You will learn to read and play basic music in a group setting. (Students must provide their own violin.)

Instructor: Amanda Flores

22050-A	M	6:00-6:45PM	8WKS	3/21	\$60
22050-B	S	10:00-10:45AM	8WKS	3/26	\$60

Ballet and Tap (4-6 years)

Here's a dance class that combines the two most common dance styles: ballet and tap. You will have the chance to do BOTH in this basic class. (Ballet and tap shoes required.)

Instructor: Caitlin Sonnen

22120-A	S	10:45-11:45AM	8WKS	3/26	\$26
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3-in-1 Dance Combo Class (5-10 years)

Are you looking for a class that has it all? You will get a taste of ballet, tap, and jazz all in the same class! (Ballet, tap, and jazz shoes required.)

Instructor: LaTisha Clay

22300-A	W	4:00-5:15PM	8WKS	3/23	\$28
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Hip-Hop Dance (5-10 years)

In this class you will learn the basics of hip-hop dancing. We will also work on technique, phrasing, timing, and other foundational dance concepts. (Sneakers required)

Instructor: LaTisha Clay

22070-A	W	5:15-6:00PM	8WKS	3/23	\$28
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Cheerleading 101 - Beginning and Intermediate (3-12 years)

Here's your first step in learning to be a cheerleader. You will learn basic motions, jumps, and cheers. Please wear comfortable shorts, t-shirt, and tennis shoes, and wear your hair pulled back.

Instructor: Sherri Crawford

Beginning (3-7 years)

22180-A	TH	3:30-4:00PM	8WKS	3/24	\$22
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Intermediate (8-12 years)

22180-B	TH	4:00-4:30PM	8WKS	3/24	\$22
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Soccer Skills (8-12 years)

Are you looking to improve your soccer skills? Grab your athletic shoes and ball, let's get started! We will go over your basic skills and begin working on more advanced skills. (Athletic shoes required.)

Instructor: Kourtnee Castillo

22500-A	W	6:00-6:30PM	8WKS	3/23	\$22
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Basketball Basics (7-12 years)

Is the NBA in your future? Come get the ball bouncing and learn the basics to get started. (Athletic shoes required.)

Instructor: Kourtnee Castillo

22030-A	W	6:30-7:00PM	8WKS	3/23	\$22
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Instructor: Katie Cope

22030-B	S	9:40-10:10AM	8WKS	3/26	\$22
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Girls Volleyball Beginners Basics (8-12 years)

Do you have an interest in playing volleyball? We will learn the basics to get you started. (Tennis shoes required.)

Instructor: Stacie Castillo

22035-A	W	7:00-7:30PM	8WKS	3/23	\$22
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Instructor: Katie Cope

22035-B	S	10:20-11:00AM	8WKS	3/26	\$24
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Tae Kwon Do and Jujutsu for Kids (6-12 years)

This class will teach basic and advanced Tae Kwon Do techniques as well as self defense techniques of escapes, take downs and disabling from jujutsu.

Instructor: Paul Kearney (3rd degree black belt in Tae Kwon Do, 1st degree black belt in Judo and Aikijujutsu, and holds a blue belt in Brazilian JiuJitsu.)

March:

22200-A	TH	6:00-7:00PM	4WKS	3/3	\$40
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April:

22200-B	TH	6:00-7:00PM	4WKS	4/7	\$40
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May:

22200-C	TH	6:00-7:00PM	4WKS	5/5	\$40
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ITF - Tae Kwon Do (5+ years)

ITF-Tae Kwon Do is the only original and traditional Korean Tae Kwon Do in D/FW. You will increase your flexibility, physical fitness, self defense, self control, discipline, stress relief, self esteem, and concentration.

Instructor: Jonathan Nguyen (member of ITF-United and Grandmaster Van Binh)

White belts

22700-A	S	9:05-10:05AM	8WKS	3/26	\$56
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Colored belts

22700-B	S	10:10-11:10AM	8WKS	3/26	\$56
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Karate/Self-Defense (5-15 years)

Several forms of martial arts have been blended into a practical system of self-defense designed to combat various situations. You will learn how to handle situations both physically and mentally. Fees for belt testing and uniforms are paid to the instructor.

Instructor: Bob Klavitter

(Beginner 8-15 years)

22111-A	M	6:00-8:00PM	8WKS	3/21	\$34
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(Beginner 5-7 years)

22111-B	MW	4:00-5:00PM	8WKS	3/21	\$34
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(Advanced 8-15 years)

22111-C	MW	5:00-6:00PM	8WKS	3/21	\$34
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Olympic Sport of Judo (6-12 years)

Judo has been an Olympic sport since 1964. Here is your chance to learn the sport of Judo from a nine-time National medal winner. Judo will not only increase your fitness level, but also increase your confidence and discipline. This is an ongoing monthly class.

Instructor: Kim Mesa (5th degree black belt and certified USA Judo International Coach)

March:

22900-A	M	6:00-7:00 PM	4WKS	3/7	\$32
	S	9:05-10:05AM			

April:

22900-B	M	6:00-7:00 PM	4WKS	4/4	\$32
	S	9:05-10:05AM			

May:

22900-C	M	6:00-7:00 PM	4WKS	5/2	\$32
	S	9:05-10:05AM			

Gymnastics Programs

Parent/Tot Tumbling (16-36 mos)

A fun class for you and your child to build a growing relationship through the learning of basic motor skills, tumbling, and coordination.

One child per parent.

Instructor: Tammy Slovensky

32040-A	M	9:30-10:00AM	8WKS	3/21	\$22
32040-B	T	9:30-10:00AM	8WKS	3/22	\$22
32040-C	W	9:30-10:00AM	8WKS	3/23	\$22
32040-D	TH	9:30-10:00AM	8WKS	3/24	\$22

Instructor: Miranda Slovensky

32040-E	W	6:00-6:30PM	8WKS	3/23	\$22
32040-F	TH	6:00-6:30PM	8WKS	3/24	\$22

Tiny Tikes (2.5-3.5 years)

Here's a class that introduces your child to the basic motor skills for tumbling and acquaints tots with the gymnastics equipment.

Instructor: Tammy Slovensky

32030-A	M	10:00-10:30AM	8WKS	3/21	\$22
32030-B	T	10:00-10:30AM	8WKS	3/22	\$22
32030-C	W	10:00-10:30AM	8WKS	3/23	\$22
32030-D	TH	10:00-10:30AM	8WKS	3/24	\$22

Instructor: Katie Cope

32030-E	T	6:00-6:30PM	8WKS	3/22	\$22
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Tumbling Tots I (3-4 years)

Your tot will strengthen motor skills and enhance their coordination while learning tumbling skills and the use of all gymnastics equipment.

Instructor: Tammy Slovensky

32011-A	M	10:30-11:00AM	8WKS	3/21	\$22
32011-B	T	10:30-11:00AM	8WKS	3/22	\$22
32011-C	W	10:30-11:00AM	8WKS	3/23	\$22
32011-D	TH	10:30-11:00AM	8WKS	3/24	\$22

Instructor: Katie Cope

32011-E	T	6:30-7:00PM	8WKS	3/22	\$22
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Tumbling Tots II (4-5 years)

Your tumbler will learn more advanced movements while mastering the skills introduced in Level I.

Instructor: Tammy Slovensky

32022-A	M	11:00-11:30AM	8WKS	3/21	\$22
32022-B	T	11:00-11:30AM	8WKS	3/22	\$22
32022-C	W	11:00-11:30AM	8WKS	3/23	\$22
32022-D	TH	11:00-11:30AM	8WKS	3/24	\$22

Instructor: Miranda Slovensky

32022-E	W	5:00-5:30PM	8WKS	3/23	\$22
32022-F	TH	5:00-5:30PM	8WKS	3/24	\$22

Instructor: Katie Cope

32030-G	T	7:00-7:30PM	8WKS	3/22	\$22
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Tumbling Tots III (4-6 years)

This class is designed for tumblers who have already taken Tumbling Tots I and Tumbling Tots II. Your child must be able to do a forward roll and a cartwheel.

Instructor: Miranda Slovensky

32033-A	W	5:30-6:00PM	8WKS	3/23	\$22
32033-B	TH	5:30-6:00PM	8WKS	3/24	\$22

Beginner Gymnastics (5-11 years)

You will learn body control while performing the basic fundamentals of gymnastics and dance on the floor, beam, bars, and vault.

Instructor: Tana Eden

32051-A	M	4:00-5:00PM	8WKS	3/21	\$26
32051-B	M	5:00-6:00PM	8WKS	3/21	\$26
32051-C	T	6:00-7:00PM	8WKS	3/22	\$26
32051-D	T	7:00-8:00PM	8WKS	3/22	\$26
32051-E	W	5:00-6:00PM	8WKS	3/23	\$26
32051-F	W	6:00-7:00PM	8WKS	3/23	\$26
32051-G	TH	4:00-5:00PM	8WKS	3/24	\$26
32051-H	TH	5:00-6:00PM	8WKS	3/24	\$26

Beginning Tumbling (3-7 years)

Forward rolls, cartwheels, and more! We will start with the basics to build a solid tumbling foundation. You will learn the proper technique for cartwheels, round-offs, front tumbling, backbends, back walkovers, and prepare for "assisted" back handsprings.

Instructor: Sherri Crawford

32100-A	M	3:30-4:00PM	8WKS	3/21	\$22
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Intermediate Tumbling (8-12 years)

If you have completed the beginning tumbling class above, or have previous training to accomplish most of the skills listed in the beginning tumbling class, you may enroll in this intermediate class to further your training to achieve these skills unassisted. You will also prepare for more advanced types of back handsprings.

Instructor: Sherri Crawford

32100-B	M	4:00-4:45PM	8WKS	3/21	\$24
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Beginning Tumbling for Cheerleaders

(3-12 years)

Do you want to learn more about tumbling and cheerleading together but do not have any experience? In this class, we will learn the basic motions, jumps, and techniques. You will also learn basic cheers and chants.

Instructor: Sherri Crawford

(3-7 years)

32100-C	W	3:30-4:15PM	8WKS	3/23	\$24
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(8-12 years)

32100-D	W	4:15-5:00PM	8WKS	3/23	\$24
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Adult Programs

Personal Training

Do you need motivation to reach your fitness goals? Through personal training, you can reach your cardiovascular and strength training goals with a program tailored for you. A one hour session is \$41 or a series of five is \$172. Sessions are set by appointment.

Instructors: William Reed (Certified Personal Trainer) and Bekka Hartmann (Certified Personal Trainer/Fitness Instructor)

Fitness Evaluations

Are you getting started on your fitness program and do not know where to begin? A fitness evaluation should be your first step in any fitness program. Your level of fitness is assessed in five components: cardiovascular, muscular strength, muscular endurance, flexibility and body composition. A one hour session is \$41. All evaluations are done by appointment.

Instructors: William Reed (Certified Personal Trainer) and Bekka Hartmann (Certified Personal Trainer/Fitness Instructor)

Nutrition Counseling

Can't get rid of that extra weight? Need nutrition assistance for your sports training? Have a medical condition that would benefit from nutrition assistance? Individual nutrition counseling is available for your every need. Expertise in weight loss and management, disease management, sports nutrition, eating disorders, and general wellness. A one-hour session is \$52 or a series of 3 sessions is \$117. All evaluations are done by appointment.

Instructor: Esther White (MS, RD, LD)

The Power Package

Join forces with the experts in nutrition and fitness for successful results! Your Power Package includes 2 sessions focused on nutrition with a customized diet plan and 2 sessions focused on fitness with an evaluation and personal exercise plan. The Power Package is \$142 for the 4 sessions. All evaluations are done by appointment.

Instructors: Esther White (MS, RD, LD); William Reed (Certified Personal Trainer) and Behka Hartmann (Certified Personal Trainer/Fitness Instructor)

Energize Exercise

Do you like to exercise in the morning and feel energized all day? Then this is the class for you. You will exercise at your own level of endurance. The class puts emphasis on your arms, abdomen and legs.

Instructor: Karen Cowley

42010-A	MWThF	8:30-9:15AM	8WKS	3/21	\$28
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Mix It Up Aerobics

Come have fun getting in shape with this versatile class. We do a variety of fun cardio and strength work to keep it fun, interesting, and challenging. If you have never exercised before or if you have been for years, this class is for you! Come mix it up with us and have a great time achieving your goals!

Instructor: Behka Hartmann (Certified Fitness Instructor)

42040-A	MWF	9:15-10:15AM	8WKS	3/21	\$40
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Cardio Dance Party

There's no better way to get in shape than doing something you enjoy and that is fun! Come dance the night away with great dance formats including ZUMBA, HULA FITNESS and MUCH, MUCH MORE. This class is sure to help tone and tighten – and help you lose those unwanted pounds with a great big smile on your face. Come on, let's party!

Instructor: Behka Hartmann (Certified Fitness Instructor)

42065-A	MW	6:05-7:00PM	8WKS	3/21	\$40
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Active Independents

Attention Seniors! Are you looking for an exercise class scaled to your fitness level? This class is all inclusive functional fitness with focus on the 10 points of fitness.

Instructor: William Reed (Certified Fitness Instructor)

March:

42333-A	MW	10:30-11:30AM	4WKS	3/2	\$25
42333-B	TTH	10:30-11:30AM	4WKS	3/1	\$25

April:

42333-C	MW	10:30-11:30AM	4WKS	4/4	\$25
42333-D	TTH	10:30-11:30AM	4WKS	4/5	\$25

May:

42333-E	MW	10:30-11:30AM	4WKS	5/2	\$25
42333-F	TTH	10:30-11:30AM	4WKS	5/3	\$25



Camp HRC

Do you have high blood pressure, Type II Diabetes (adult onset), low back pain (non-traumatic), feel sluggish, and just physically unconditioned? It's time to get in shape! Exercise can prevent, treat, and cure diseases associated with poor diet and sedentary lifestyle. Exercise to increase metabolism, bone density, improve body composition, increase energy levels, and more.

Instructor: Bilal Konte (B.S. Kinesiology/Master of Fitness Specialist)

March:

42998-A	MW	7:10-8:10 PM	4WKS	3/2	\$25
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April:

42998-B	MW	7:10-8:10 PM	4WKS	4/4	\$25
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May:

42998-C	MW	7:10-8:10 PM	4WKS	5/2	\$25
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Bootcamp

Today's the day to achieve the goal you have been putting off. Come early and then have your whole day to be proud of what you accomplished that morning. Boot camp is for everyone. You will get help getting past those plateaus, achieve your goals and get to be a fitter YOU! Come tone and tighten with a variety of workouts including core strength, stability ball, weights, steps, circuits, interval training, and much more. Decide today that YOU ARE WORTH IT!

Instructor: Behka Hartmann (Certified Fitness Instructor)

42420-A	MW	6:35-7:30AM	8WKS	3/21	\$40
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Extreme Fitness

This high intensity, total body workout uses functional every day movements to get you exercising. The workout and movements will be scaled to meet your personal fitness level and ability.

Instructor: William Reed (Certified Fitness Instructor, Certified Crossfit Instructor)

March:

42005-A	TTH	6:15-6:55PM	4WKS	3/1	\$20
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April:

42005-B	TTH	6:15-6:55PM	4WKS	4/5	\$20
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May:

42005-C	TTH	6:15-6:55PM	4WKS	5/3	\$20
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NEW! 15-Minute Stretch

Whether you are getting ready for the Extreme Fitness class or your regular workout in Fitness Center, come take advantage of this 15-minute stretch to get your body warm and ready to work!

Instructor: William Reed (Certified Fitness Instructor, Certified Crossfit Instructor)

March:

42050-A	TTH	6:00-6:15PM	4WKS	3/1	\$5
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April:

2050-B	TTH	6:00-6:15PM	4WKS	4/5	\$5
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May:

42050-C	TTH	6:00-6:15PM	4WKS	5/3	\$5
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Slim It Out, Tone It Up

Join us for a fun, challenging and fast-paced workout that uses different moves and equipment to target every muscle in your body. You will walk out with a smile on your face and a little sweat on your shirt!

Instructor: Esther White, MS, RD, CSSD, LD

42015-A	TTH	6:35-7:25AM	8WKS	3/22	\$36
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Instructor: Debbie Day

42015-B	F	6:40-7:30AM	8WKS	3/25	\$18
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Cycle and Core

A challenging combo class of cycling and strength to give you that total body workout to burn fat and calories! Bring water, a towel, bike shorts or a padded seat cover, and determination!

Instructor: Esther White, MS, RD, CSSD, LD

42300-A	T	5:15-6:35PM	8WKS	3/22	\$30
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42300-B	T	6:00-7:00PM	8WKS	3/22	\$28
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Spin & Sweat

Join us for spinning! Turn the basics of cycling into a great cardio workout that burns calories and fat. Get ready to work hard and sweat like crazy!

Instructor: Angela Pond (Certified Personal Trainer)

2444-A	TH	5:30-6:15PM	8WKS	3/24	\$28
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Flow & Strength

Come challenge yourself to grow in flexibility, strength, and calmness using yoga and pilates influenced movement to improve your health.

Instructor: Esther White, MS, RD, CSSD, LD

42060-A	M	5:10-6:00PM	8WKS	3/21	\$30
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Hurst Hustlers Running Club

Come join runners, joggers, and walkers of all levels for a challenging workout using hills, speed work, distance, and drills. You will learn how to run and how to stay injury free all while having fun! This is the perfect way to make friends and meet your running goals.

Instructor: Esther White, MS, RD, CSSD, LD

42001-A	M	6:00-7:00PM	8WKS	3/21	\$30
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Stroller Strides

Stroller Strides is a total fitness program for moms, where you can bring your kiddos along for the ride! Combining cardio, strength training, core work, and stretching; you will get a great workout while your kiddos have fun in the stroller with silly songs and learning opportunities. The class will meet in Chisholm Park at the Tejas Pavilion. (A one time supply fee of \$50 includes: resistance tubes, member t-shirt, water bottle, sippy cup, and tote bag.)

Instructor: Stroller Strides

March:

42020-A	MW	9:30-10:30AM	4WKS	3/2	\$50 (unlimited classes)
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April:

42020-B	MW	9:30-10:30AM	4WKS	4/4	\$50 (unlimited classes)
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May:

42020-C	MW	9:30-10:30AM	4WKS	5/2	\$50 (unlimited classes)
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Hatha Yoga I & II

Learn more about yourself from the inside out with the tools of yoga. Increase your flexibility, balance, and tone your body. Discover the technique of breath control, centering and meditation. (Eat nothing 2 hours prior to class and bring a lap blanket.)

Hatha Yoga I:

Instructor: Jessica Copeland

42100-A	T	9:15-10:15AM	8WKS	3/29	\$32
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Instructor: Behka Hartmann

42100-B	F	10:15-11:15AM	8WKS	3/25	\$32
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Hatha Yoga II:

Instructor: Jessica Copeland

42100-C	M	10:30-11:15AM	8WKS	3/28	\$32
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Tri-Cities Promenadors:

Did you know that the Tri-Cities Promenadors offer Square Dance lessons at the Brookside Center on Tuesday nights from 7:30-9:30 p.m.?

Drop by and give it a try!

Scaravelli Yoga

Learn to elongate and extend comfortably into poses by using gravity and your breath. This user-friendly style of yoga will teach you how to relax. Please bring a blanket to class.

Instructor: Julie Vela (Certified and registered with Yoga Alliance)

42100-D	W	8:15-9:15PM	8WKS	3/23	\$32
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Scaravelli Yoga - Intermediate

Are you ready to deepen your yoga practice? Experience steadiness and ease while learning intermediate poses. Please bring a yoga mat and a blanket to class.

Instructor: Julie Vela (Certified and registered with Yoga Alliance)

42100-E	W	7:00-8:00PM	8WKS	3/23	\$32
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MMA - Mixed Martial Arts 101

Does the UFC intrigue and inspire you? Here's your opportunity to step onto the mat and give it a try. We will cover all aspects of unarmed combat, standing striking techniques, take downs and throws and ground work featuring joint locks and chokes.

Instructor: Paul Kearney (3rd degree black belt in Tae Kwon Do, 1st degree black belt in Judo and Aikijujutsu, and holds a blue belt in Brazilian JiuJitsu.)

March:

42555-A	TH	7:00-8:30PM	4WKS	3/3	\$40
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April:

42555-B	TH	7:00-8:30PM	4WKS	4/7	\$40
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May:

42555-C	TH	7:00-8:30PM	4WKS	5/5	\$40
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Olympic Sport of Judo

Judo has been an Olympic sport since 1964. Here is your chance to learn the sport of Judo from a nine-time national medal winner. Judo will not only increase your fitness level, but also increase your confidence and discipline. This is an ongoing monthly class.

Instructor: Kim Mesa (5th degree Black Belt and certified USA Judo International Coach)

March:

42800-A	M	7:00-8:30PM	4WKS	3/7	\$32
	W	7:00-8:30PM			
	S	10:05-11:30AM			

April:

42800-B	M	7:00-8:30PM	4WKS	4/4	\$32
	W	7:00-8:30PM			
	S	10:05-11:30AM			

May:

42800-C	M	7:00-8:30PM	4WKS	5/2	\$32
	W	7:00-8:30PM			
	S	10:05-11:30AM			

ITF – Tae Kwon Do

ITF-Tae Kwon Do is the only original and traditional Korean Tae Kwon Do in D/FW. You will increase your flexibility, physical fitness, self defense, self control, discipline, and stress relief while building self-esteem and concentration.

Instructor: Jonathan Nguyen (member of ITF-Unified and Grandmaster Van Binh)

22700-A	S	9:05-11:00AM	8WKS	3/26	\$56
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Tai Chi

The Thursday evening class will focus on the basics of Tai Chi. Emphasis will be on relaxation, balance, and making the mind-body connection necessary in Tai Chi. Class will study the movements of the first section of the Yang long form. The Saturday morning class is for advanced students who have a working understanding of the Yang-style 103-movement form.

Instructor: Dan Streeter

March:

42070-A	TH	7:30-8:45PM	4WKS	3/3	\$37
	S	9:05-11:00AM			

April:

42070-B	TH	7:30-8:45PM	4WKS	4/7	\$37
	S	9:05-11:00AM			

May:

42070-C	TH	7:30-8:45PM	4WKS	5/5	\$37
	S	9:05-11:00AM			

NEW! Aging at Home - 10 Practical Steps for Updating Your Home

With our aging society, most want to stay in their homes as they age. We will learn how to avoid the three big mistakes that aging home owners make. We will learn ten important home improvement steps for extending your ability to stay in your own home. We will learn how to update your home without total destruction and make it safe, accessible, and comfortable.

Instructor: Kathi Fleck (Member of the National Association of Remodeling Industry and serves as General Contractor for Lone Star Property Solutions.)

42910-A	T	7:00-9:00PM	1WK	3/8	\$25
42910-B	T	7:00-9:00PM	1WK	4/12	\$25

NEW! Seven Steps to a Successful Remodel

Do you love your location, but not in love with your home? Are you considering a home remodel, but don't know where to start? In this 2-hour workshop, you will learn what the top ten home remodeling projects are, where to start, design what fits best in your home, how to choose a contractor, the paperwork, how to stay on schedule, dealing with unexpected surprises, and how to avoid disappointing results.

Instructor: Kathi Fleck (Member of the National Association of Remodeling Industry and serves as General Contractor for Lone Star Property Solutions.)

42920-A	T	7:00-9:00PM	1WK	3/29	\$25
42920-B	T	7:00-9:00PM	1WK	4/26	\$25

NEW! Organic Gardening with Texas Native Plants

It's spring time and time to start thinking about your garden. How about a new plan for your garden and using Organic Gardening components with native Texas plants? We will cover soil prep, design, hardscaping and Xeriscaping, choosing low maintenance plants, watering, and management of your garden. **Instructor:** Maggie Camperlengo (North Texas Certified Master Gardener)

42501-A	W	7:00-8:30PM	8WKS	3/23	\$75
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Basic Beginners Computer

Are you unsure how to even turn on the computer or the difference between a mouse and monitor? In this class, we will cover the very basics of terms, functions, email, and internet use.

Instructor: Vickie McMeans

42600-A	W	10:30-Noon	8WKS	3/23	\$50
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Advanced Beginners Computer

Now that you can turn on the computer and know the difference between a mouse and monitor, you are ready to learn more about email, internet use, basics of word processing, and an introduction to MicroSoft Office applications.

Instructor: Vickie McMeans

42666-A	W	1:00-2:30PM	8WKS	3/23	\$50
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NEW! The "Fun" of Power Point - Creating Photo Albums

Did you know that you can create complete photo albums with Power Point? You can email the albums to friends or print hard copies to keep. In the world of digital photography, this is a great option for all of your precious photos. We will learn how to create photo albums, from beginning to end.

Instructor: Vickie McMeans

42700-A	TH	1:00-2:30PM	8WKS	3/24	\$50
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Rag Quilting

Through rag quilting, you can create your own beautiful quilt without quilting! Rag quilts are soft, cuddly, and very simple to complete. We will use simple cutting and sewing to create your own quilt! (Supply List)

Instructor: Vickie McMeans

42556-A	F	1:00-3:00PM	8WKS	3/25	\$30
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NEW! Smart Dog Training

This class is geared toward both puppies and dogs. We will discuss behavior issues that you may be experiencing and also teach your dog some good behaviors like; sit, down, and stay on command; how to walk on a leash without pulling, to allow feet, ears, and teeth to be handled; and to come when called. Training sessions include clickers, lots of praise and a socialization experience that will provide a good foundation for further learning. Bring the family so everyone can learn how to train the dog! Class meets at the Central Park pavillion.

Instructor: Melinda Meche

42000-A	T	6:30-7:30PM	6WKS	3/22	\$99
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NEW! Pet First Aid Workshop

Do you know how to handle a pet emergency? Pet emergencies do happen and we will cover the skills and knowledge needed to help your pet avoid or survive a life threatening emergency. We will work "hands on" with practice dog mannequins. We will learn restraining and muzzling, Rescue Breathing, Canine and Feline CPR, choking management, assessing vitals, and more. You will also receive a 40-page handbook and certificate upon completion of the workshop.

Instructor: Danielle Chonody

42777-A	S	1:00-5:00PM	1WK	3/19	\$65
42777-B	S	1:00-5:00PM	1WK	4/9	\$65

Clowning for Fun and Profit

Do you like clowning around? From make-up to making money, we will learn all aspects of clowning. We will have fun and learn magic, juggling, puppets, comedy, and much more.

Instructor: Andy Anderson

42190-A	W	6:30-8:30PM	10WKS	3/23	\$32
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Brush and Palette

Express your talent through the art of oil painting! Basic strokes, color mixing, and application will be covered. (Supply list)

Instructor: Elaine Roosz

42110-A	T	6:30-9:00PM	8WKS	3/22	\$50
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Help Us Help You!

Please enroll early!
Help us keep your favorite classes around by enrolling early. There is a point when classes must be cancelled due to low enrollment. Help us prevent course cancellations by registering early.

NEW! Recycled Couture

Looking for ways to recycle your water bottles, old t-shirts, and other items around the house? We will use old items and re-fashion them into new new shirts, necklaces, bags, and bracelets in an effort to recycle. Beginner level sewing knowledge a plus, but not required.

Instructor: Sonja DeSouza

42085-A	TH	6:00-6:45PM	4WKS	3/24	\$25
42085-B	TH	6:00-6:45PM	4WKS	4/21	\$25

Guitar - Beginner and Advanced Beginner

Sing-a-long as you learn basic chords and chord progressions in this beginner class. Students must provide their own guitar (Supply fee for book is \$8. Nylon strings preferred.)

Instructor: Dallas Kaemmerling

Beginner

22020-B	TH	6:15-7:15PM	8WKS	3/24	\$30
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Advanced Beginner

22020-C	TH	7:30-8:30PM	8WKS	3/24	\$30
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Belly Dance Basics

Fun dance class! Come learn the basics of belly dance, American Tribal Style! A healthy, low-impact dance class suitable for all body types.

Instructor: Brandy Bollin

42200-A	T	7:00-8:00PM	8WKS	3/22	\$46
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Improv Dance Drills

Take your new found belly dance skills and ramp it up a notch or two. We will cover more complex drills and improv combinations, building on what you learned in the Basics class. We will use live music for this class, affording you the opportunity to also learn to use percussion instruments (in the form of zills) to dances.

Instructor: Brandy Bollin

42224-A	T	8:00-9:00PM	8WKS	3/22	\$46
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Take it to the Stage: Advanced Belly Dance

Now that you have perfected your dance skills, you are ready to create a performance. This class will focus on taking your move vocabulary and making it show-worthy by adding props, staging, and interaction with a band. You will also learn to use props such as the veil, skirt, sword, and zills.

Instructor: Brandy Bollin

42222-A	T	9:00-9:45PM	8WKS	3/22	\$40
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Tribal Evolution

This class covers the unique style of Improv Tribal Style, as taught by TE founder Brandy Bollin. This class is a professional performance level class that will teach you to include props, musical interpretation, musician interaction, staging, and show layout.

Instructor: Brandy Bollin

42226-A	TH	8:00-9:30PM	8WKS	3/24	\$46
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Adult Tap Dance - Intermediate/Advanced

Come and experience the fun of tap dancing. Regardless of if you have never tapped before or you've been tapping for years, this class has something for everyone. (Tap shoes required.)

Instructor: LaTisha Clay

42111-A	TH	7:00-8:00PM	8WKS	3/24	\$30
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Adult Dance Combo

Come get a taste of several styles of dance in one class. As a class, we will choose one style of dance to explore in-depth, while we continue to learn more about ballet, tap, jazz, modern, and more. (Ballet and Tap shoes required.)

Instructor: LaTisha Clay

42400-A	TH	8:00-9:30PM	8WKS	3/24	\$36
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Party Dance: The Foxtrot

Come and learn the social dance that is danced at most weddings, parties, cruise ships, and "just fun" type gatherings: the Foxtrot! No open-toed, alligator long-toed, sliders, or sneaker-style shoes allowed. Dress comfortably and prepare to have fun while learning to dance. Class meets at the Brookside Center.

Instructor: Gene Willman (Professionally-Trained Dance Instructor)

42165-A	M	7:25-8:10PM	4WKS	4/4	\$26 single/\$48 couple
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Salsa – Intermediate

Now that you know the basics of Salsa from the Beginner class, we will learn more advanced patterns with double turns, footwork, styling, and patterns. Dress shoes for the men and high heels for the women are preferred. No open-toed, alligator long-toed, sliders, or sneaker-style shoes allowed. Dress comfortably and prepare to have fun while learning to dance. Class meets at the Brookside Center.

Instructor: Gene Willman (Professionally-Trained Dance Instructor)

42170-A	W	8:15-9:00PM	4WKS	4/6	\$26single/\$48 couple
42170-B	W	8:15-9:00PM	4WKS	5/4	\$26single/\$48 couple

Waltz – Part II

Must have taken beginner waltz or have good knowledge of frame, timing and the waltz basics. We will be doing an assortment of patterns, some that will be easy and others more challenging. Come on and let your dancing passion grow. No open-toed, alligator long-toed, sliders, or sneaker-style shoes allowed. Dress comfortably and prepare to have fun while learning to dance. Couples encouraged, but singles welcome. Class meets at the Brookside Center.

Instructor: Gene Willman (Professionally-Trained Dance Instructor)

42125-A	W	7:25-8:10PM	4WKS	4/6	\$26single/\$48 couple
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Exercise/Workout Latin Style

Enjoy this fun, flirty, playful routine and workout through Cuban motion and syncopated steps. We will move and exercise to Latin style salsa and Cha Cha patterns plus some Meringue and then cool down and stretch with the romantic Bolero. No open-toed, alligator long-toed, sliders, or sneaker-style shoes allowed. Dress comfortably and prepare to sweat and have fun. Men and women both are encouraged. Class meets at the Brookside Center.

Instructor: Gene Willman (Professionally-Trained Dance Instructor)

42135-A	M	6:30-7:15PM	4WKS	4/4	\$20 single
42135-B	W	6:30-7:15PM	4WKS	4/6	\$20 single
42135-C	M	6:30-7:15PM	4WKS	5/2	\$20 single
42135-D	W	6:30-7:15PM	4WKS	5/4	\$20 single



Country Western: 2-step Beginner

YEEHAW! Come and learn to 2-step your way across the dance floor. We'll learn basic Texas, old country and western, and the progressive 2-step dances. No open-toed, alligator long-toed, sliders, or sneaker-style shoes allowed. Dress comfortably and prepare to have fun while learning to dance. Couples encouraged but singles welcome. Class meets at the Brookside Center.

Instructor: Gene Willman (Professionally-Trained Dance Instructor)

42140-A	M	8:15-9:00PM	4WKS	4/4	\$26single/ \$48 couple
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Country Western: 2-step Intermediate

YEEHAW! Come and learn to 2-step your way across the dance floor. We'll learn basic Texas, old country and western, and the progressive 2-step dances. No open-toed, alligator long-toed, sliders, or sneaker-style shoes allowed. Dress comfortably and prepare to have fun while learning to dance. Couples encouraged but singles welcome. Class meets at the Brookside Center.

Instructor: Gene Willman (Professionally-Trained Dance Instructor)

42145-A	W	7:25-8:10PM	4WKS	5/4	\$26single/ \$48 couple
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The Swing - Beginner

The Swing is a great dance to know because it can be danced to most music played at weddings and parties. East coast swing is a triple or single-time style of dance with a rock step. Both styles will be taught. No open-toed, alligator long-toed, sliders, or sneaker-style shoes allowed. Dress comfortably and prepare to have fun while learning to dance. Couples encouraged but singles welcome. Class meets at the Brookside Center.

Instructor: Gene Willman (Professionally-Trained Dance Instructor)

42150-A	M	7:25-8:10PM	4WKS	5/2	\$26single/ \$48 couple
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West Coast Swing - Part II

Bring your West Coast Swing favorite patterns to share with the class. We will break it down, teach it to the class, and even add to it! To enroll in this class, you must know basics such as baskets, whips, and passes. No open-toed, alligator long-toed, sliders, or sneaker-style shoes allowed. Dress comfortably and prepare to have fun while learning to dance. Couples encouraged, but singles welcome. Class meets at the Brookside Center.

Instructor: Gene Willman (Professionally-Trained Dance Instructor)

42160-A	M	8:15-9:00PM	4WKS	5/2	\$26single/ \$48 couple
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Special Events:



EGGstravaganza 2011

April 16

Hurst Community Park, 601 Precinct Line Road
(just south of Pipeline Road)

Activities begin at 1:00 PM and the egg hunt starts at
2:00 PM and the event is FREE

Activities include: crafts, Hurst Clown Arouns, games,
photos with Mr. Bunny and refreshments. Please, no pets.
For more information, call 817.788.7320

Concert in the Park

May 6

7:00-8:00 PM

Chisholm Park, 2200 Norwood Drive

FREE

For more information, call 817.788.7320



Recreation Division Programs

Recreation Center Fees:

Current January 1, 2010

	Hurst Residents	Non-Hurst Residents
Daily Pass	\$2.00	\$10.00
Annual Pass Youth (6 – 15 years)	\$20.00 per year	\$80.00 per year
Annual Pass Adult (16 – 64 years)	\$50.00 per year	\$200.00 per year
Annual Pass Senior (65+ years)	\$20.00 per year	\$80.00 per year
Annual Family Pass	\$125.00 per year	N/A
Replacement Card Fee	\$5.00	\$5.00

How do I know I am a

Hurst resident?

*Residency is defined by:
living within the Hurst city
limits, receiving a water
bill from the City of Hurst
and paying property taxes
to the City of Hurst.*

See
**Page
40** for
registration
information

Recreation Center Information:

700 Mary Drive: 817.788.7325

Hours of Operation:

Monday-Thursday	6:30 AM – 10:00 PM
Friday	6:30 AM – 6:00 PM
Saturday	9:00 AM – 6:00 PM
Sunday	1:00 PM – 6:00 PM

Healthy Hurst:

Healthy Hurst Online Wellness Program Information

Healthy Hurst is the City of Hurst's community-wide wellness initiative. With the use of the information and links that are available on the City of Hurst's Healthy Hurst webpage, participants can increase their health, wellness, and fitness.

Healthy Hurst is a FREE program, and all participants receive a Healthy Hurst t-shirt at the time of registration. Participants are also encouraged to register for the various FREE events that will be offered throughout the year as part of the Healthy Hurst Program.

The Healthy Hurst program is open to all Hurst residents, as well as non-residents who have purchased a Hurst Recreation Center Annual Pass. Incentive awards are also available to all participants as they track and log their fitness activities!

Healthy Hurst has a myriad of tips and information on nutrition, fitness, wellness, and health. Give it a try today! Let Healthy Hurst help you get started toward your wellness, health, and fitness goals! For more information on the Healthy Hurst program, contact the Hurst Recreation Center at 817.788.7325.

Central Aquatics Center

715 Mary Drive
817.788.7327

Welcome to the

Hurst Aquatics Centers

Opening Day
Saturday,
May 28

Hurst Aquatics Learn to Swim Program

Registration:

Hurst Residents: May 2
Non-Hurst Residents: May 9

Learn-to-Swim Session Dates:

Session I: June 6 – 17
Session II: June 20 – July 1
Session III: July 5 – 15 (No class July 4)
Session IV: July 18 – 29
Session V: August 1 – 12

Summer Employment

Now accepting applications for 2011 seasonal positions

We are now accepting applications for 2011 seasonal positions at Central and Chisholm Aquatics Centers. Applications are available at the Hurst City Hall (1505 Precinct Line Road) or the City of Hurst website at www.ci.hurst.tx.us

Positions include: Lifeguard, Cashier, Water Safety Instructor and Pool Maintenance Attendant.

If you need certification as a Lifeguard or Water Safety Instructor, we will refer you to an upcoming course in the area.

Facility and Pavilion Rentals:

Hurst Residents may begin making Aquatics Center pavilion and facility rentals on March 28. Non-resident may make pavilion reservations beginning on April 11.

Group Reservation Policy:

A group is defined as any person or entity, commercial or non-profit, which provides structured child care and/or activities. Groups are required to make a reservation, in person, at the City of Hurst Recreation Administrative office, 700 Mary Drive. Reservations are taken on a first-come, first served basis beginning March 28 for Hurst Groups and April 11 for non-Hurst Groups. Only two (2) reservations per week, per Group will be accepted. Time slots are Monday-Friday, 12:30-2:30 p.m. and 2:30-4:30 p.m.

Chisholm Aquatics Center

2200 Norwood Drive
817.788.7250

Party Packages

Available
**March
28**

Patrons may begin purchasing Aquatics Center Party Packages beginning Monday, March 28.

Party Packages include admission to Central or Chisholm Aquatics Center, one (1) hot dog, chips, one (1) drink, and a personalized cake for your group.

Party Package purchases of less than twelve (12) will receive individual cupcakes with no personalized message.

Adult Softball Summer League Registration

Returning Teams:

(Teams playing in Hurst in 2011)

May 2 and 3

Monday, Wednesday and Friday from 8:00 AM-5:00 PM
and Tuesday and Thursday from 8:00 AM.-6:00 PM
Hurst Recreation Center (700 Mary Drive)

Open Registration:

Monday-Friday, May 4-20

Monday, Wednesday and Friday from 8:00 AM-5:00 PM
and Tuesday and Thursday from 8:00 AM.-6:00 PM
Hurst Recreation Center (700 Mary Drive)

Entry Fee:

\$325 for a 10 game season (With no City Playoffs)

Adult Basketball Spring League Registration

Registration:

Monday-Friday, March 14-25

Monday, Wednesday, and Friday from 8:00 AM - 5:00 PM
and Tuesday and Thursday from 8:00 AM - 6:00 PM
Hurst Recreation Center (700 Mary Drive)

Entry Fee:

\$265 for a 7 game season (With Playoffs for teams who qualify)

League Nights:

Monday - Friday

League Schedules:

Available May 25

Season Begins:

May 31

**For more information,
call 817.788.7320.**

League Nights:

Tuesday

League Schedules:

Available March 30

Season Begins:

Tuesday, April 5

**For more information,
call 817.788.7320.**

Youth Sports Associations:

Hurst Girls Softball League

(HGSL) 817.209.5409

www.eteamz.com/hurstgsl

hurstgirlssoftball@yahoo.com

Mid-Cities Basketball Assn.

(MCBA) 817.354.6208

www.midcitiesbasketball.org

Mid-Cities PeeWee Football & Cheerleading Assn.

817.282.2390

www.midcitiespeeveefootball.org

Tri-Cities Baseball Assn.

(TCBA) 817.285.0200

www.tcbbaseball.com

Hurst United Soccer Assn.

(HUSA) 817.282.8680

www.hurstunitedsoccer.com

Welcome to the Hurst Tennis Center

Hurst Tennis Center

701 Mary Drive
817.788.7330

**“Home of the
Team Hurst
Junior Develop-
ment Program”**

Junior Tennis

Pee Wee Tennis - Quickstart

(Ages 6 & under)

Introduction to the game of tennis. Emphasis is placed on motor skills in a fun learning environment. Kids will learn basic strokes and play lots of fun games. Ages 6 and under.

Instructor: Austin Wynne, USPTA and Staff

Times: 4:30-5:00 PM

Price: \$26 + one new, unopened can of tennis balls
Thursday Days:

82601-A	Begins 3/3	4 weeks
82601-B	Begins 4/7	4 weeks
82601-C	Begins 5/5	4 weeks

*Please remember
to bring a can
of new, unopened
tennis balls
to your first class.*

Jr. Beginner Tennis (Ages 7 & up)

A fun class for beginners. Learn the fore-hand, backhand, serve and volley. Kids will play plenty of fun games.

Instructor: Bryan Combest, USPTA, and Staff

Times: 5:00-6:30 PM

Price: \$68 + one new, unopened can of tennis balls

Days: Thursday

82502-A	Begins 3/3	4 weeks
82502-B	Begins 4/7	4 weeks
82502-C	Begins 5/5	4 weeks

Advanced Beginner/Intermediate Tennis (Ages 11 and up)

For Junior High players getting ready for the next step toward playing Varsity tennis. Singles and doubles strategy and plenty of drills, techniques and tactics.

Instructor: Austin Wynne, USPTA, and Staff

Times: 5:00-6:30 PM

Price: \$68 + one new, unopened can of tennis balls

Days: Thursday

82504-A	Begins 3/1	4 weeks
82504-B	Begins 4/4	4 weeks
82504-C	Begins 5/3	4 weeks

Adult Programs

Adult Beginner/Advanced Beginner Clinic

Just for adults! Learn basic strokes, scoring and strategy. Bring one can of new unopened balls to first class.

Instructor: Kelly Langdon, USPTA and Austin Wynne, USPTA

Times: 7:00-8:30 PM

Price: \$68 + one new, unopened can of tennis balls
Tuesday Days:

82505-A	Begins 3/1	4 weeks
82505-B	Begins 4/5	4 weeks
82505-C	Begins 5/3	4 weeks

Adult Intermediate Clinic

This class is for adults who want to build on existing skills. You'll practice all shots and learn techniques and tactics.

Instructor: Kelly Langdon, USPTA and Austin Wynne, USPTA

Times: 7:00-8:30 PM

Price: \$68 + one new, unopened can of tennis balls
Tuesday Days:

82506-A	Begins 3/1	4 weeks
82506-B	Begins 4/5	4 weeks
82506-C	Begins 5/3	4 weeks

Men's Open 4.0 Clinic

Meets each Thursday for men rated 4.0 or higher. Learn techniques and strategy. Must register three days in advance. Minimum of four participants.

Instructor: Kelly Langdon, USPTA and staff

Times: 7:00-8:30 PM

Price: \$12

Days: Thursday

88444-A	Begins 3/1	weekly
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Attention Tennis Players!

Those looking for a steady practice partner can rent the Hurst Tennis Center's Prince ball machine. It's available for rent seven days a week. The cost is \$10 per hour or \$6 for 30 minutes (tennis balls included). Due to court availability, please reserve the ball machine at least three days in advance.

How about a Private Lesson?

The HTC Staff offers private lessons for those wanting more one-on-one accelerated learning.

Lessons with City of Hurst Tennis Professionals:

Hurst Tennis Specialist, **Kelly Langdon**, USPTA, or Tennis Center Coordinator, **Mike Campo**, USPTA

\$50 per hour
\$26 per half hour
\$176 per series of 4 lessons

Lessons with Tennis Instructors:

Sam Elliott, USPTA, **Greg Smith**, **Jason Brown**, USPTA, and **Austin Wynne**, USPTA

\$49 per hour
\$26 per half hour
\$176 per series of 4 lessons

The Tennis Center Staff also offers:

Private and group lessons. \$80 for 90 minute group lessons for league teams.

Services and Facilities:

- Lessons for all ages & abilities
- 10 lighted outdoor courts
- USRSA Racquet Stringers
- Prince Ball Machine
- USPTA-Certified Instructors Available
- USTA Adult Leagues

Summer Operating Hours:

(effective March 7, 2011)

Monday – Thursday 8:00 AM – 10:00 PM

Friday, Saturday & Sunday 9:00 AM – 7:00 PM

Tennis Center Coordinator – Mike Campo, USPTA

Tennis Specialist – Kelly Langdon, USPTA

Tennis Attendants – Charlie Crosswait, Corey Doss, Jared Jordan and Travis Kim

Tennis Instructors – Jason Brown, USPTA, Greg Smith, Sam Elliott, USPTA and Austin Wynne, USPTA

Please bring one can of new, unopened, tennis balls to your first day of class.

Court Fees

(90 minutes)

\$1 Hurst Residents

(with proof of Hurst residency)

\$2 Non-Residents

Racquet Stringing

The Tennis Center has a large choice of string and accessories for your racquet needs. We offer fast service and have three United States Racquet Stringer's Association certified stringers on staff.

Upcoming Tournaments

Mid-Cities Junior Circuit

February 12

Hurst USTA Junior Open

June 11-12

*Do you want
to practice your serve or
hit a few with a friend?*

CALL

817.788.7330

for a court reservation.

*Spring Adult
Leagues begin*

April 4

must register by

March 21

cost is

\$25/person

Registration Easy-Options!

Walk-in registration beginning on Monday, February 14, is open only to those participants who are Hurst residents. Participants who reside in Fort Worth, North Richland Hills, and Euless, whose mail is delivered to a Hurst "address," are not eligible to register until February 21 at 7:00 AM. Residency is defined by: living within the Hurst city limits, receiving a water bill from the City of Hurst and paying property taxes to the City of Hurst. Out of fairness to all citizens of our community, you may only register the members of your household.

Classes begin the week of March 21. (Unless otherwise indicated.)

Walk-In Class Registration Times

(after initial registration days)

Monday-Thursday 7:00 AM-9:00 PM

Friday 7:00 AM-5:00 PM

Saturday 9:30 AM-5:00 PM

Sunday 1:30 PM-5:00 PM



Hurst Residents:

Mail-in (check or credit card payment), fax (credit card payment), online (credit card payment), and walk-in (cash, check or credit card payment) **registration for Recreation Classes begins February 14 at 7:00 AM.**

Non-Residents:

Fax (credit card payment), online (credit card payment), and walk-in (cash, check or credit card payment) **registration for Recreation Classes begin February 21 at 7:00 AM.**

Sign up to Register Online:

That's right, you can save time and register your entire family on-line! To get started, you will need to visit the Hurst Recreation Center to activate your account. If you are a Hurst resident, you will need to bring your **Hurst Water Bill, Hurst property tax statement, or Hurst apartment lease, and your photo ID** as proof of Hurst residency to receive the Hurst resident rates. Once you have activated your account and received your user name and password, you will be able to use our on-line registration feature.

You do not have to wait until your appropriate registration date to activate your account and receive your user name and password. Go ahead and do it the next time you are at the Recreation Center for your current class or working out. Then you will be ready to register on-line the day registration starts!

Confirmation:

When you register by mail-in or fax, you will receive a confirmation notice through the postal mail. You will be notified if the designated classes are not available. If the class is not available, you may select a second choice. If you register on-line, you may print a copy of your receipt.

Supply List and Fees:

Some of our classes require a supply list. These classes are noted in the brochure. You will receive a supply list when you register. For those mailed, a list will be included with your confirmation letter. **Supplies should not be purchased prior to the Friday before the class starts in case of cancellation.**

Refund Policy:

When you sign up for one of our classes, we depend on your participation for a successful class. If you have an unforeseen circumstance and cannot attend your class, we will gladly refund your fee with 72 hours notice prior to the class start date. Thank you for your cooperation.

Weather Policy:

In case of inclement weather, the Hurst Recreation Center will not conduct any classes if the H-E-B Independent School District cancels their classes for the day.

Parks and Recreation Board

Chairman: Alan Neace

Vice Chairman: Rod Robertson

Carol Cole

Ralph Hurd

Howard Shotwell

Hank Williams

Delbert Derrett

Pat King

Estelle Teague

Recreation Staff

Recreation Director: Doug Kratz

Recreation Managers: Kim Mesa, Doug McDaniel, and Chris Watson

Recreation Center Supervisor: Mary Singleton

Recreation Specialist: Courtney Barnard

Senior Secretary: Jeanne Coons

Spring 2011 Class Registration Form



Head of Household Home Phone Work Phone E-mail Address

Street Address Apt# City State/Zip

Participant's Name	Date of Birth	Gender	Class #	Fee	
1.					
2.					
3.					
4.					
5.					
			Sub-Total	\$	
Non-Resident Fee of \$2 per class	_____ x \$2 (# of classes)		= \$ _____	+ Sub-Total of \$ _____ =	Total Due \$ _____

Payment Method:

____ Check #
 ____ Credit Card
 ____ Cash/Money



Order

Credit Card Payment Authorization:

____ Visa ____ Mastercard ____ Discover ____ American Express

_____ - _____ - _____ - _____

Expiration Date

____ / ____

month year

Checks Payable to :
City of Hurst

Mail to:
Hurst Parks and Recreation
Class Registration
700 Mary Drive
Hurst, Texas 76053

Fax to:
817-282-7081

For the valuable consideration of being allowed to participate in the City of Hurst Parks and Recreation Department's program or use the City's facilities or equipment, I recognize and acknowledge the risk of physical injury and agree to assume the full risk of any injuries, including death or damages, that may result from any injury sustained while participating in activities related to the program or from using the City's facilities or equipment. I DO FULLY RELEASE, INDEMNIFY, AND HOLD HARMLESS, THE CITY, ITS EMPLOYEES AND OFFICERS FROM THEIR OWN NEGLIGENCE FOR FAILURE TO PROPERLY DESIGN, INSPECT, OR MAINTAIN THE EQUIPMENT, OR SUPERVISE THE ACTIVITIES TO BE ENGAGED IN OR EQUIPMENT TO BE USED BY THE UNDERSIGNED AND FOR ANY ACTS OF THIRD PARTIES. The City does not provide any medical or other insurance protection or benefits for those who use the recreational equipment or engage in activities on City Premises.

BY SIGNING THIS RELEASE, I ACCEPT ALL RESPONSIBILITY FOR INJURIES WHICH MAY BE INCURRED.

SIGNATURE OF PARTICIPANT/USER

SIGNATURE OF PARENT/GUARDIAN IF USER IS UNDER 18

DATE

The City of Hurst is proud to be an agency member of the following organizations:

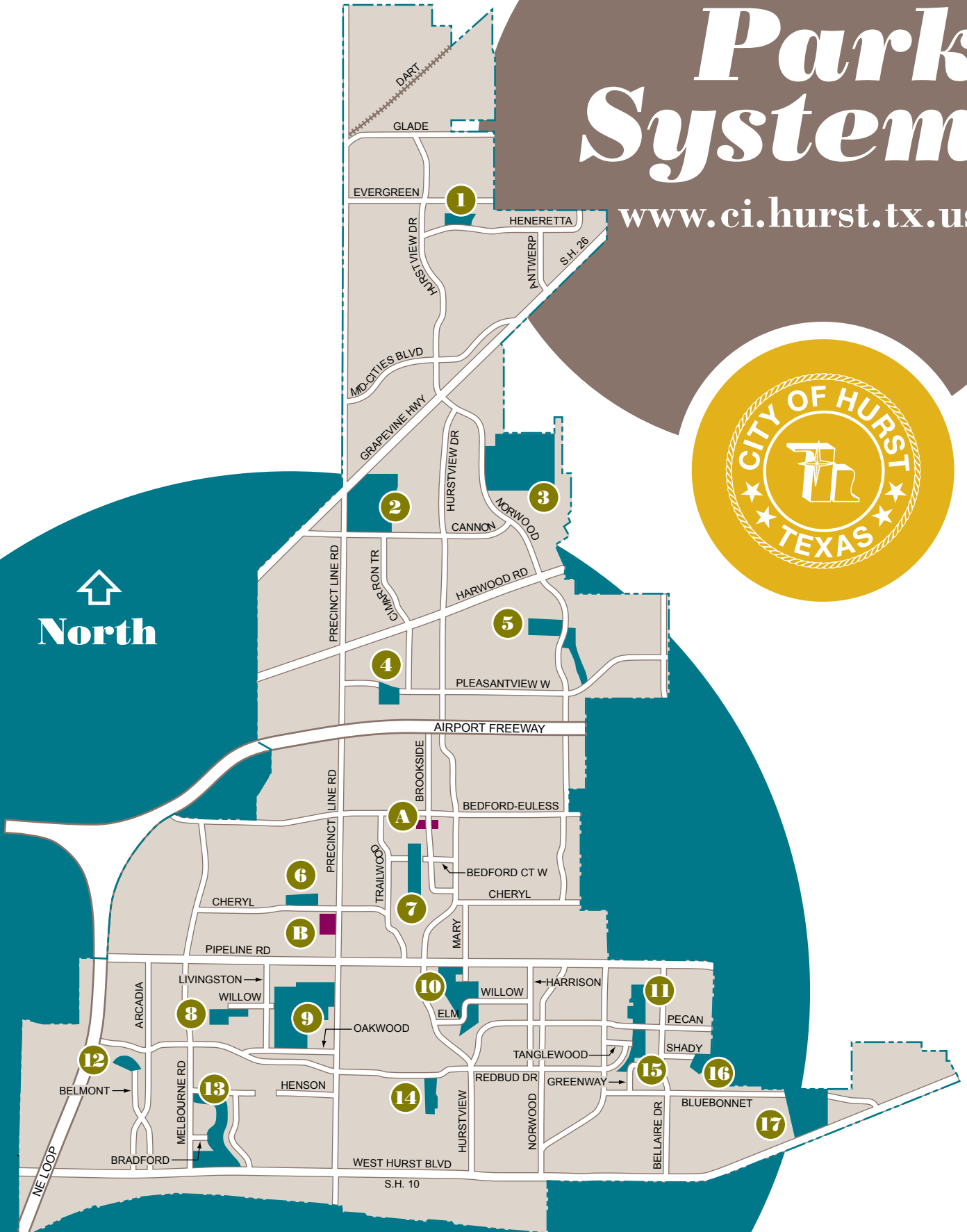


Park System

www.ci.hurst.tx.us



North



Parks

1 ECHO HILLS PARK

500 Heneretta (7.1 Acres)

- Pavilion
- Playground
- Jogging/Walking Trail System (1/3 mile)
- Picnic Tables
- Youth Athletic Practice Fields (Unlighted)
- Pet Water Fountain

2 HURST ATHLETIC COMPLEX

2104 Precinct Line Road (42.2 Acres)

- 4 Adult Softball Fields (Lighted)
- 6 Youth Soccer Fields (Lighted)
- 4 Youth Soccer Fields (Unlighted)
- Playground
- 3 Group Shelters
- 2 Concession/Restroom Buildings

3 CHISHOLM PARK

2200 Norwood (50 Acres)

- Aquatics Center
- 4 Youth Softball Fields (Lighted)
- 2 Playgrounds
- 3 Pavilions
- Pond with Fishing Island
- Picnic Tables
- Jogging/Walking Trail System (1.5 miles)
- Fitness Course
- Group Shelter
- Concession/Restroom Building
- 2 Basketball Courts (Lighted)
- 4 Pet Water Fountains

4 SMITH-BARFIELD PARK

640 Pleasantview (6.9 Acres)

- Youth Baseball/Softball Field (Lighted)
- 2 Tennis Courts (Lighted)
- Youth Athletic Practice Field (Unlighted)
- Playground
- Pavilion
- Picnic Tables
- Restrooms
- 2 Pet Water Fountains

5 MAYFAIR PARK

1725 Norwood (14.4 Acres)

- Pavilion
- Playground
- Jogging/Walking Trail System (1/4 mile)
- Pet Water Fountain
- Youth Athletic Fields (Unlighted)

6 WINDMILL PARK

840 Cheryl (2 Acres)

- Historical Marker

7 VALENTINE PARK

610 Bedford Court West (4 Acres)

- Youth Athletic Practice Field (Unlighted)

8 HURST HILLS PARK

575 Billie Ruth (4 Acres)

9 HURST COMMUNITY PARK

601 Precinct Line Road (44.9 Acres)

- 4 Youth Baseball Fields (Lighted)
- 2 Youth Soccer Fields (Lighted)
- 2 Sand Volleyball Courts (Lighted)
- Pavilion
- 2 Playgrounds
- Multi-Use Trail System (1 mile)
- Picnic Tables
- Wooded Natural Area
- Open Field Play Area
- Concession/Restroom Building
- 2 Group Shelters
- 2 Pet Water Fountains

10 CENTRAL PARK

700 block of Mary Drive (17.5 Acres)

- Recreation Center
- Aquatics Center
- Tennis Center (10 Lighted Courts)
- 2 Pavilions
- Playground
- Picnic Tables
- 2 Outdoor Basketball Courts (Lighted)
- Pet Water Fountain

11 VIVAGENE COPELAND PARK

501 Pecan Drive (5.2 Acres)

- Pavilion
- Playground
- Multi-Use Trail System (1/3 mile)
- Open Field Play Area
- 3 Outdoor Basketball Courts (Lighted)
- Pet Water Fountain

12 JAYCEE BAKER PARK

500 Belmont (4.1 Acres)

- Playground
- Picnic Tables
- Restrooms
- Youth Athletic Practice Fields (Unlighted)
- Pet Water Fountain

13 BILLY CREEK PARK

14 REDBUD PARK

525 Redbud Drive (7.2 Acres)

- Soccer Field (Unlighted)
- Playground
- Jogging/Walking Trail System (1/3 mile)
- Picnic Tables
- Fitness Course
- Pavilion
- Pet Water Fountain

15 BELLAIRE PARK

500 Pecan Drive (6.4 Acres)

- Playground
- Youth Baseball/Softball Field (Lighted)
- Jogging/Walking Trail System (1/3 mile)
- Pet Water Fountain

16 WAN-KA-KANI PARK

748 Shadylane (4.1 Acres)

- Picnic Tables

17 RICKEL PARK

1001 Bluebonnet (29 Acres)

- 2 Pavilions
- Picnic Tables
- Nature Trails
- Scenic Overlook
- Winding Stream with 2 Bridges
- Jogging/Walking Trail System (1/2 mile)
- 2 Pet Water Fountains
- Playground

Facilities

A BROOKSIDE CENTER

B HURST LIBRARY

Park Pavilions

listed are available for rental for \$35 per day. If electrical power is needed during the rental, a \$50 REFUNDABLE electrical key deposit is due at the time of reservation.

For more information, call

817.788.7320



CITY OF HURST

1505 Precinct Line Road
Hurst, Texas 76054

PRESORTED
STANDARD
US POSTAGE
PAID
HURST, TX
PERMIT #21

Hurst Postal Customer